

# St George's Central CE Primary School and Nursery

## Subject Overview for Physical Education 2024-2026

| Year                     | Autumn 1  | Autumn 2  | Spring 1   | Spring 2  | Summer 1  | Summer 2   |
|--------------------------|---|---|--|---|---|--|
| <b>2-3 year olds</b>     | <p><b>What can I do with my body?</b><br/>Outdoor physical play daily including apparatus and climbing. Physical and mindfulness sessions incorporating music and movement. Field play/ and early orienteering in summer.</p>                               |   |  |   |   |  |
| <b>3-4 year olds</b>     | <p><b>What can I do with my body?</b><br/>Outdoor physical play daily. Indoor hall sessions daily throughout the year incorporating music and movement, gymnastics, mindfulness and apparatus skills. Field athletics and early orienteering in summer.</p> |   |  |   |   |  |
| <b>R</b>                 | <p><b>Gymnastics:</b> How do I travel in different ways? <b>Dance:</b> How do I move to a beat? <b>Games:</b> How do I use my body to play different games? <b>Mindfulness:</b> How do I stay calm?</p>   |   |  |   |   |  |
| <b>Y1/2</b>              | <p><b>Personal</b><br/>What happens if I don't succeed?</p>   | <p><b>Social</b><br/>How might I encourage others?</p>  | <p><b>Cognitive</b><br/>How might I order movement and skills?</p>   | <p><b>Creative</b><br/>How do I compare and develop?</p>  | <p><b>Physical</b><br/>How might I perform a sequence?</p>  | <p><b>Health and Fitness</b><br/>How do I exercise safely?</p>   |
|                          | <p><b>Multi-Skills</b><br/>What is meant by balance and coordination?</p>   | <p><b>Ball Skills</b><br/>What is the best way to throw and catch?</p>  | <p><b>Multi-Skills</b><br/>How can I change the way I travel?</p>  | <p><b>Ball Skills</b><br/>Have you seen my moving and passing skills?</p>   | <p><b>Athletics/Orienteering</b><br/>How do we go for gold?</p>   |  |
| <b>Y3/4</b>              | <p><b>Personal</b><br/>How do I show responsibility?</p>  | <p><b>Social</b><br/>What does it mean to work as a team?</p>   | <p><b>Cognitive/ Orienteering</b><br/>How might I explain simple decisions?</p>  | <p><b>Creative</b><br/>How might I change the way I respond?</p>  | <p><b>Physical</b><br/>How do I perform with control?</p>   | <p><b>Health and Fitness</b><br/>Why does our body change during exercise?</p>   |
|                          | <p><b>Ball Skills</b><br/>How many ways can you throw and catch?</p>  | <p><b>Striking and Fielding</b><br/>Which sports involve striking a ball?</p>   | <p><b>Invasion Games</b><br/>What does it take to win?</p>   | <p><b>Swimming</b><br/>What is the importance of being able to swim? How do I swim using ranges of strokes? What makes a confident/ competent swimmer? How can we be safe in the water?</p> |   |  |
| <b>Y5/6</b>              | <p><b>Personal</b><br/>How do I embrace challenge?</p>  | <p><b>Social</b><br/>How do I organise and guide others?</p>  | <p><b>Cognitive</b><br/>How do I judge effectively?</p>  | <p><b>Creative</b><br/>How do I refine a performance?</p>   | <p><b>Physical</b><br/>How can I link movements with quality?</p>   | <p><b>Health and Fitness</b><br/>How do I stay healthy?</p>  |
|                          | <p><b>Invasion Games</b><br/>What are the best ways to defend?</p>  | <p><b>Invasion Games</b><br/>Why is Lionel Messi such a great attacker?</p>   | <p><b>Invasion Games</b><br/>What is 'reading a game' and why is it so important?</p>  | <p><b>Ball Skills</b><br/>Does practise make perfect?</p>   | <p><b>Athletics/Orienteering</b><br/>How do I achieve my personal best? How do I navigate my environment successfully?</p>  |  |
| <b>Mindfulness</b>       | <p><b>How do we stay mindful?</b><br/>All year groups participate in one mindfulness session per half term with a class-specific focus built around mental health and wellbeing.</p>  |   |  |   |   |  |
| <b>ATSA competitions</b> | <ul style="list-style-type: none"> <li>Y3/4 Futsal</li> <li>KS2 Cross Country</li> </ul>  | <ul style="list-style-type: none"> <li>KS2 Kurling</li> <li>Y5/6 Basketball</li> <li>KS2 'Strictly School' Dance</li> </ul> | <ul style="list-style-type: none"> <li>KS2 Football League</li> <li>Access to Success Boccia</li> <li>Y5/6 Dodgeball</li> <li>KS1 Kurling</li> </ul> | <ul style="list-style-type: none"> <li>KS2 Cross Country</li> <li>KS2 Swimming Gala</li> <li>Y1, Y2, Y3 EFC Events</li> <li>KS2 Dance</li> <li>Y5/6 Orienteering</li> </ul>                 | <ul style="list-style-type: none"> <li>KS2 Water Polo</li> <li>Girls' Football Cup</li> <li>Y5/6 Rounders</li> <li>Access to Success Multi-Skills</li> <li>KS2 Netball league</li> <li>Y5/6 Flag American Football</li> </ul> | <ul style="list-style-type: none"> <li>KS2 Football Cup</li> <li>Access to Success Kurling</li> <li>Y5/6 Cycle Speedway</li> <li>KS2 Kwik Cricket</li> <li>Y5/6 Tri-Kidz Challenge</li> <li>KS1 Dance</li> <li>KS2 Tag Rugby</li> <li>Y3/4 Rounders</li> <li>KS2 Tennis</li> </ul> |

***'Never settle for less than your best'***