



# Cupernham Infant School – PE Overview



	Year R	Year 1	Year 2
Autumn 1	<p><b>All About Me – FUNdamental movement skills</b> Getting changed routine Organisation and independence. <b>Why do we exercise?</b> Health awareness and names for parts of the body, joints etc.</p> <p><b>Warm up games</b></p>	<p><b>Wall Bar teaching and introduction</b></p> <p><b>FUNdamental movement skills (Physical Literacy)</b> Exploring FUNdamental movement skills including - balancing and jumping improving core strength.</p> <p><b>Dance - Fantastic Families</b> Longer routine, following instructions High and low body shapes, facial expressions.</p>	<p><b>Dance - Once Upon a Time</b> Collaborative routine, following instructions High and low body shapes, facial expressions and responding to music.</p> <p><b>FUNdamental movement skills: Tri Golf</b> Holding the club Striking a ball Standing correctly Aiming over areas Striking into the air</p>
Autumn 2	<p><b>Creative Week – Diwali Dance inspired by Fireworks</b></p> <p><b>Physical Literacy</b> Repeat ABC programme again from Autumn 1. Pick up what was achieved from Autumn 1 if completed repeat to ensure core strength is strengthening. (including a ABC programme)</p>	<p><b>Gymnastics</b> Recap shapes and ways to travel. Focussing on balance, agility and coordination, then into a routine. Holding them for a period of time to improve core strength.</p> <p><b>Team Games (sending and receiving) netball</b> Moving into space Moving whilst holding a ball Sending and receiving Aiming and shooting</p>	<p><b>Dance- Dinosaur Roar!</b> Learning a sequence of steps and movements like a dinosaur, mirroring and timing their movements to a beat. Performing to other classes.</p> <p><b>Team Games</b></p>
Spring 1	<p><b>Gymnastics - Shapes</b> Introduce shapes through games in each sessions. Looking at what each shape needs to be successful. Developing agility, balance and co-ordination. (Link to Maths + applying skills learnt on apparatus (Wall Bars)</p>	<p><b>Dance- Kings and Queens</b> Children to build confidence in their ability to learn and perform a simple routine to their peers in other classes.</p> <p><b>Multi-skills –</b> Building different skills over series of lessons</p>	<p><b>Multi skills- Handball (sending and receiving)</b> Moving into space Sending the ball accurately using low density tennis balls and mitts.</p> <p><b>Gymnastics</b> Maintain strong body shape. Looking at transitions, rolls and travelling for each shape, build up to using wall bars</p>
Spring 2	<p><b>Down on The Farm - Dance</b> <b>Develop fundamental movement skills, agility and coordination and perform a dance using simple movement patterns</b></p> <p><b>Multi skills –</b> Participate in team games, master basic movements including running, jumping, throwing and catching</p>	<p><b>Under the Sea – Yoga</b> <b>Exploring sea creatures using different body shapes, responding to music with movement using scarves and ribbons.</b></p> <p><b>Athletics</b></p>	<p><b>Dance- The Great Fire of London!</b> Children to build confidence in their ability to learn and perform a simple routine to their peers in other year groups.</p> <p><b>Multi-skills - (sending and receiving)</b> Moving into space Moving whilst holding a ball Sending and receiving</p>



# Cupernham Infant School – PE Overview



			Aiming and shooting
Summer 1	<p><b>Multi skills – Sports Day Preparation</b></p> <p>Participate in team games, master basic movements including running, jumping, throwing and catching, multi skills games (over/under throw, jumping, running etc)</p> <p><i>Teaching them the rules for each game and skills needed. Throwing, catching, position 1 etc.</i></p> <p><b>Glorious Gardens – Life Cycle of a plant dance.</b></p>	<p><b>Multi skills – Sports Day Preparation</b></p> <p><b>Sports Day preparation-</b> multi skills games (over/under, golf, running etc)</p> <p>Skills focus→ What fundamental movement skills do we need to succeed in this activity? What are the best skills to use for each activity and why?</p>	<p><b>Multi skills – Sports Day Preparation</b></p> <p><b>Sports Day preparation-</b> multi skills games (over/under, golf, running etc)</p> <p><b>Sports day- Multiskills</b> preparation- Competing with others and themselves how can you improve my fundamental movement skills? What tactics can help your team? What techniques can help me achieve?</p>
Summer 2	<p><b>FUNdamental Movement Skills:</b>            Throwing and catching games            Listening and team work games.            Throwing and catching            Running in different ways.            Parachute games</p> <p><b>BALANCE BIKES</b></p>	<p><b>Down Under! Dance</b>  <b>Inspired by authentic aboriginal dances using traditional music of indigenous people and Australian animals.</b></p> <p><b>FUNdamental Movement Skills: Football</b>            Moving into space, Moving whilst dribbling, Striking the ball, Receiving the ball, Setting personal best with:            60 m sprint, 60 m hurdle, Standing long jump, bean bag throw</p> <p><b>BALANCE BIKES</b></p>	<p><b>Amazing Africa! Dance</b>  <b>Inspired by authentic African dances using traditional music of indigenous people and African animal movements.</b></p> <p><b>FUNdamental Movement Skills: Cricket</b>            Sending the ball with accuracy, Catching the ball with two hands, Striking the ball with a bat.            Setting personal best with:            60 m sprint, 60 m hurdle, Standing long jump, bean bag throw</p> <p><b>BALANCE BIKES</b></p>