

## Subject Overview for P.E. 2023

The PE curriculum is based on the National Curriculum and Real PE, we also incorporate cricket, tennis and swimming. At Manor, the children are taught to be active sports people by:

- learning and improving their agility, coordination and balance
- learning to be proud of their own achievements and know how to improve
- working with others to improve and share success
- following instructions and being able to communicate well with others
- being creative with the movements and actions they perform
- being active throughout PE sessions
- learning to be healthy and fit
- being given opportunities to compete

	Personal	Social	Cognitive	Creative	Physical	Health and Fitness
Key skills:	<ul style="list-style-type: none"> <li>• Follow instructions</li> <li>• Practise safely</li> <li>• Stay on task</li> <li>• Keep trying</li> <li>• Ask for help when appropriate</li> <li>• Challenge myself</li> <li>• Take control</li> </ul>	<ul style="list-style-type: none"> <li>• Take turns and share</li> <li>• Work sensibly with others</li> <li>• Help others</li> <li>• Praise and encourage others</li> <li>• Listen to others</li> <li>• Share ideas</li> </ul>	<ul style="list-style-type: none"> <li>• Follow instructions</li> <li>• Name things I am good at</li> <li>• Order movements and skills</li> <li>• Recognise similarities and differences</li> <li>• Explain why someone is performing well</li> <li>• Identify areas for improvements</li> </ul>	<ul style="list-style-type: none"> <li>• Observe and copy</li> <li>• Explore different movements</li> <li>• Select and link movements to fit a theme</li> <li>• Compare with others</li> <li>• Respond differently</li> </ul>	<ul style="list-style-type: none"> <li>• Balance</li> <li>• Coordination</li> <li>• Dynamic balance to agility</li> <li>• Move in different ways</li> <li>• Link movements</li> <li>• Move with changes level, direction, speed</li> <li>• Perform with control</li> </ul>	<ul style="list-style-type: none"> <li>• Use equipment appropriately</li> <li>• Explain benefits of exercise</li> <li>• Describe simple changes when I exercise</li> <li>• Move and land safely</li> <li>• Explain why we need to warm up</li> </ul>

Subject Overview for P.E. 2023

<u>EYFS</u>						
	<p>Children's Therapy Pack ABC <u>Vocabulary</u> flexion, extension, table, sitting, straight, sitting, knees, rolling, balance, curled, front, head, table, crab, hopping, backs</p>	<p>Children's Therapy Pack ABC <u>Vocabulary</u> flexion, extension, table, sitting, straight, sitting, knees, rolling, balance, curled, front, head, table, crab, hopping, backs</p>	<p>Real P.E. Unit 2 – 4 weeks <u>Social</u> Dynamic Balance to agility – jumping and landing Static balance - seated <u>Vocabulary</u> Jump, land, dynamic balance, agility, forwards, backwards, side to side, quarter turn, directions, freeze, tucked jump,</p> <p>VS Introductory Unit Gymnastics (2 sessions) <u>Vocabulary</u> Straddle, pike, tuck, mat, beam, balance, table, roll, move, forwards, direction, backwards, sideways, skip, handstand, cartwheel, splits, apparatus, bench,</p>	<p>Real P.E. Unit 4 – 4 weeks <u>Creative</u> Coordination – ball skills Counter balance – with a partner <u>Vocabulary</u> Lean, forwards, backwards, side to side, together, balance, straight, holding, together</p> <p>VS Unit A Gymnastics (2 sessions) <u>Vocabulary</u> Straddle, pike, tuck, mat, beam, balance, table, roll, move, forwards, direction, backwards, sideways, skip, handstand, cartwheel, splits, apparatus, bench,</p>	<p>Real P.E. Unit 5 – 4 weeks <u>Physical</u> Coordination – sending and receiving Agility – reaction/response <u>Vocabulary</u> Sending, receiving, left, right, metres, roll, throw, against, collect, rebound, bounce, alternate, returning</p> <p>VS Dance Unit 2 Dance (2 sessions) <u>Vocabulary</u> space, move, copy, travel, feet, music</p>	<p>Real P.E. Unit 6 – <u>Health and fitness</u> Static balance – floor work Agility – ball chasing <u>Vocabulary</u> Chase, turn, roll, collect, position, opposite, direction, partner, ball (tennis/large), distance, metres, legs, bouncing, facing, seated, lying,</p> <p>VS Unit C Gymnastics (2 sessions) <u>Vocabulary</u> Straddle, pike, tuck, mat, beam, balance, table, roll, move, forwards, direction, backwards, sideways, skip, handstand, cartwheel, splits, apparatus, bench,</p>

Subject Overview for P.E. 2023

		<p>Real P.E. Unit 1 – 4 weeks  <u>Personal</u>                      Static balance – one leg                      Coordination - footwork  <u>Vocabulary</u>  <u>Unit 1</u>                      Static, balance, height, bend, tiptoes, lose balance, stand, still, squat, ankle extensions</p>	<p>Real P.E. Unit 3 – 4 weeks  <u>Cognitive</u>                      Dynamic balance – on a line                      Static balance - stance  <u>Unit 3</u>                      Dynamic balance, challenge, forwards, minimum wobble, backwards, line, head, stand, line, stance, back straight,</p> <p>VS Dance Unit 1                      Dance (2 sessions)  <u>Vocabulary</u>                      space, move, copy, travel, feet, music</p>	<p>VS Dance Unit 2                      Dance (6 sessions)  <u>Vocabulary</u>                      space, move, copy, travel, feet, music</p>	<p>VS Unit B                      Gymnastics (6 sessions)  <u>Vocabulary</u>                      Straddle, pike, tuck, mat, beam, balance, table, roll, move, forwards, direction, backwards, sideways, skip, handstand, cartwheel, splits, apparatus, bench,</p>	<p>VS Dance Unit 4                      Dance (6 sessions)  <u>Vocabulary</u>                      space, move, copy, travel, feet, music</p>
	<u>Year 1</u>					

Subject Overview for P.E. 2023

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
	<u>VS Unit D</u> <u>Gymnastics 6 weeks</u>	<u>VS Unit 1</u> <u>Dance 6 weeks</u>	<u>VS Unit E</u> <u>Gymnastics 6 weeks</u>	<u>VS Unit 2</u> <u>Dance 6 weeks</u>	<u>VS Unit F and G</u> <u>Gymnastics 6 weeks</u>	<u>VS Unit 3</u> <u>Dance 6 weeks</u>
Vocabulary	Straddle, pike, tuck, mat, beam, balance, table, roll, move, forwards, direction, backwards, sideways, skip, handstand, cartwheel, splits, apparatus, bench,	Music, beat, movement, rhythm, skip, partner, shape, form, jump, land, arms, legs	Straddle, pike, tuck, mat, beam, balance, table, roll, move, forwards, direction, backwards, sideways, skip, handstand, cartwheel, splits, apparatus, bench,	Music, beat, movement, rhythm, skip, partner, shape, form, jump, land, arms, legs	Straddle, pike, tuck, mat, beam, balance, table, roll, move, forwards, direction, backwards, sideways, skip, handstand, cartwheel, splits, apparatus, bench,	Music, beat, movement, rhythm, skip, partner, shape, form, jump, land, arms, legs
	<u>R&amp;R Sports – Multiskills/Football</u> <u>Static balance – one leg</u> <u>Coordination - footwork</u>	<u>R&amp;R Sports - Netball</u> <u>Dynamic Balance to agility – jumping and landing</u> <u>Static balance - seated</u>	<u>R&amp;R Sports – Cricket</u> <u>Dynamic balance – on a line</u> <u>Static balance - stance</u>	<u>R&amp;R Sports – Tennis</u> <u>Coordination – ball skills</u> <u>Counter balance – with a partner</u>	<u>Real P.E. Unit 5 – 4 weeks</u> <u>Physical</u> <u>Coordination – sending and receiving</u> <u>Agility – reaction/ response</u>	<u>Real P.E. Unit 6 – Health and fitness</u> <u>Static balance – floor work</u> <u>Agility – ball chasing</u>
Vocabulary	Static, balance, height, bend, tiptoes, lose balance, stand, still, mini-squat, ankle extensions, side step, direction, gallop, hop, skip, hopscotch, forwards, backwards, side to side, alternate, zigzag, 180 degree front pivot, reverse pivots, opposite, pattern, control, maximum speed Ball, dribble, control, direction, pass, possession, look, gently, feet	Jump, land, dynamic balance, agility, forwards, backwards, side to side, quarter turn, directions, freeze, tucked jump, two-feet to two-feet, two-feet to one-foot, 180 turn, opposite, Ball, throw, hands, catch, pass, look	Dynamic balance, challenge, forwards, minimum wobble, backwards, line, head, stand, line, stance, back straight, swing, smooth movements, lifting, 90 degrees, marching, heel to toe landing, fluidity, hips to lips, tummy tight, low beam, shoulder width apart, bent Bat, ball, stumps, bowl, fielder, retrieve, send, catch, throw, hit	Lean, forwards, backwards, side to side, together, balance, straight, holding, together, roll, around, stand, upper body, alternate, partner, rock, long base, short base, holding hands, Forehand, backhand, jog, change direction, side step, bounce, catch, jump, game, caught, net, bent knees, balance, agility, coordination, ready position, rally, hit, aim, gently, serve, volley, toe tap, hand tap	Sending, receiving, left, right, metres, roll, throw, against, collect, rebound, bounce, alternate, returning, coordination, catch, extend, front leg, balance, aim, back swing, follow through, accuracy, weight, tennis ball, strike, ground, eyes focused, soft hands, chase Racquet, ball, net, soft, bounce, arc, travel, move	Chase, turn, roll, collect, position, opposite, direction, partner, ball (tennis/large), distance, metres, legs, bouncing, facing, seated, lying, mini-front, support, position, bouncing, fed by partner, Speed, movement, travel, team, space, distance

Subject Overview for P.E. 2023

<u>Year 2</u>						
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
	<b><u>VS Unit H</u></b> <b><u>Gymnastics 6 weeks</u></b>	<b><u>VS Unit</u></b> <b><u>Dance 6 weeks</u></b>	<b><u>VS Unit I</u></b> <b><u>Gymnastics 6 weeks</u></b>	<b><u>VS Unit 2</u></b> <b><u>Dance 6 weeks</u></b>	<b><u>VS Unit J and K</u></b> <b><u>Gymnastics 6 weeks</u></b>	<b><u>VS Unit 3</u></b> <b><u>Dance 6 weeks</u></b>
Vocabulary	Straddle, pike, tuck, mat, beam, balance, table, roll, move, forwards, direction, backwards, sideways, skip, handstand, cartwheel, splits, apparatus, bench,	Music, beat, movement, rhythm, skip, partner, shape, form, jump, land, arms, legs	Straddle, pike, tuck, mat, beam, balance, table, roll, move, forwards, direction, backwards, sideways, skip, handstand, cartwheel, splits, apparatus, bench,	Music, beat, movement, rhythm, skip, partner, shape, form, jump, land, arms, legs	Straddle, pike, tuck, mat, beam, balance, table, roll, move, forwards, direction, backwards, sideways, skip, handstand, cartwheel, splits, apparatus, bench,	Music, beat, movement, rhythm, skip, partner, shape, form, jump, land, arms, legs
	<b><u>R&amp;R Sports –</u></b> <b><u>Multiskills/Football</u></b> <b><u>Static balance – one leg</u></b> <b><u>Coordination - footwork</u></b>	<b><u>R&amp;R Sports - Netball</u></b> <b><u>Dynamic Balance to</u></b> <b><u>agility – jumping and</u></b> <b><u>landing</u></b> <b><u>Static balance - seated</u></b>	<b><u>R&amp;R Sports – Cricket</u></b> <b><u>Dynamic balance – on a line</u></b> <b><u>Static balance - stance</u></b>	<b><u>R&amp;R Sports – Tennis</u></b> <b><u>Coordination – ball skills</u></b> <b><u>Counter balance – with a</u></b> <b><u>partner</u></b>	<b><u>Real P.E. Unit 5 – 4 weeks</u></b> <b><u>Physical</u></b> <b><u>Coordination – sending and</u></b> <b><u>receiving</u></b> <b><u>Agility – reaction/ response</u></b>	<b><u>Real P.E. Unit 6 –</u></b> <b><u>Health and fitness</u></b> <b><u>Static balance – floor work</u></b> <b><u>Agility – ball chasing</u></b>
Vocabulary	Static, balance, height, bend, tiptoes, lose balance, stand, still, mini-squat, ankle extensions, side step, direction, gallop, hop, skip, hopscotch, forwards, backwards, side to side, alternate, zigzag, 180 degree front pivot, reverse pivots, opposite, pattern, control, maximum speed Ball, dribble, control, direction, pass, possession, look, gently, feet	Jump, land, dynamic balance, agility, forwards, backwards, side to side, quarter turn, directions, freeze, tucked jump, two-feet to two-feet, two-feet to one-foot, 180 turn, opposite,	Dynamic balance, challenge, forwards, minimum wobble, backwards, line, head, stand, line, stance, back straight, swing, smooth movements, lifting, 90 degrees, marching, heel to toe landing, fluidity, hips to lips, tummy tight, low beam, shoulder width apart, bent Bat, ball, stumps, bowl, fielder, retrieve, send, catch, throw, hit	Lean, forwards, backwards, side to side, together, balance, straight, holding, together, roll, around, stand, upper body, alternate, partner, rock, long base, short base, holding hands, Forehand, backhand, jog, change direction, side step, bounce, catch, jump, game, caught, net, bent knees, balance, agility, coordination, ready position, rally, hit, aim, gently, serve, volley, toe tap, hand tap	Sending, receiving, left, right, metres, roll, throw, against, collect, rebound, bounce, alternate, returning, coordination, catch, extend, front leg, balance, aim, back swing, follow through, accuracy, weight, tennis ball, strike, ground, eyes focused, soft hands, chase Racquet, ball, net, soft, bounce, arc, travel, move	Chase, turn, roll, collect, position, opposite, direction, partner, ball (tennis/large), distance, metres, legs, bouncing, facing, seated, lying, mini-front, support, position, bouncing, fed by partner, Speed, movement, travel, team, space, distance
						<b><u>Swimming led by Manor staff</u></b>
Vocabulary						Water, front crawl, back crawl, paddle, reach, arm, kick, float, sink, bubbles, woggle, jump, land, bend knees, breathe, glide, floppy ankles, long legs, breaststroke, width, length, stretch, deep end, dive, scull, pencil float, tread water,

Subject Overview for P.E. 2023