

Indoors	Outdoors



Laurus Primary PE 7 Year Overview

Intent: To inspire and nurture all children to lead a healthy and active lifestyle.

EYFS/KS1 Key Skills (Fundamental Movement Skills):					
Fundamental Movement Skills (FMS) come from the National Curriculum for Physical Education basic movement skills to be mastered by the end of KS1.					
Agility	Balance	Throwing & Catching	Control & Coordination	Jumping & Landing	Travelling

KS2 Key Skills (Multi Skills through sports games & competition):					
Multi Skills (MS) come from the National Curriculum for Physical Education...					
Attack & Defence (Invasion)	Sending & receiving	Striking & fielding	Movement (Strength, agility and stamina)	Accuracy & reaction	Outdoor Adventurous Activity (OAA) [see separate overview]

	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec	<ul style="list-style-type: none"> Fundamental Movement Skills 1 	<ul style="list-style-type: none"> Locomotion 2 	<ul style="list-style-type: none"> Stability 2 	<ul style="list-style-type: none"> Object Manipulation 1 	<ul style="list-style-type: none"> Gymnastics: Flight 	<ul style="list-style-type: none"> Target Games 1
	<i>FMS: Control & Coordination</i>	<i>FMS: Agility; Control & Coordination; Jumping & Landing; Travelling</i>	<i>FMS: Agility; Control & Coordination; Travelling</i>	<i>FMS: Agility; Control & Coordination</i>	<i>FMS: Balance; Jumping & Landing; Travelling; Control & Coordination; Agility</i>	<i>FMS: Travelling; Control & Coordination; Throwing & Catching</i>
Key Stage 1 Pupils should be taught about:						
Year 1:	<ul style="list-style-type: none"> Fundamental Movement Skills 2 	<ul style="list-style-type: none"> Invasion Games Skills 1 	<ul style="list-style-type: none"> Net & Wall Skills 1 	<ul style="list-style-type: none"> Striking & Fielding 1 	<ul style="list-style-type: none"> Athletics 2 	<ul style="list-style-type: none"> Object Manipulation 2
	<i>FMS: Agility; Balance; Control & Coordination; Jumping & Landing</i>	<i>FMS: Throwing & Catching; Travelling</i>	<i>FMS: Control & Coordination; Throwing & Catching</i>	<i>FMS: Throwing & Catching; Control & Coordination</i>	<i>FMS: Jumping & Landing; Agility; Balance; Coordination; Travelling; Throwing & Catching</i>	<i>FMS: Throwing & Catching; Travelling; Agility; Control & Coordination</i>
	<ul style="list-style-type: none"> Gymnastics: Balancing & Spinning on points and patches 	<ul style="list-style-type: none"> Target Games 2 	<ul style="list-style-type: none"> Dance: Animals 	<ul style="list-style-type: none"> Gymnastics: Balancing & Spinning on points and patches 	<ul style="list-style-type: none"> Dance: Under the Sea 	<ul style="list-style-type: none"> Yoga
	<i>FMS: Balance; Agility; Control & Coordination</i>	<i>FMS: Control & Coordination; Throwing & Catching</i>	<i>FMS: Travelling</i>	<i>FMS: Balance; Agility; Control & Coordination</i>	<i>FMS: Travelling; Control & Coordination; Balance</i>	<i>FMS: Balance</i>
Year 2	<ul style="list-style-type: none"> Social Distance 1 	<ul style="list-style-type: none"> Fundamental Skills 3 	<ul style="list-style-type: none"> Invasion Games Skills 2 	<ul style="list-style-type: none"> Target Games 3 	<ul style="list-style-type: none"> Striking & Fielding 2 	<ul style="list-style-type: none"> Athletics 2
	<i>FMS: Balance; Agility; Control & Coordination</i>	<i>FMS: Travelling; Control & Coordination</i>	<i>FMS: Throwing & Catching; Control & Coordination</i>	<i>FMS: Travelling; Throwing & Catching</i>	<i>FMS: Throwing & Catching; Control & Coordination</i>	<i>FMS: Jumping & Landing; Agility; Balance; Coordination; Travelling; Throwing & Catching</i>
	<ul style="list-style-type: none"> Gymnastics: Spinning, Turing & Twisting 	<ul style="list-style-type: none"> Net & Walls Games Skills 2 	<ul style="list-style-type: none"> Yoga: Story Book 	<ul style="list-style-type: none"> Dance: Great Fire of London 	<ul style="list-style-type: none"> Gymnastics: Pathways 	<ul style="list-style-type: none"> Dance: Mini Beasts
	<i>FMS: Agility; Balance; Control & Coordination</i>	<i>FMS: Balance; Control & Coordination</i>	<i>FMS: Travelling; Balance</i>	<i>FMS: Travelling; Control & Coordination</i>	<i>FMS: Jumping & Landing; Travelling; Agility; Balance; Control & Coordination</i>	<i>FMS: Travelling; Control & Coordination</i>
Key Stage 2 Pupils should extend their learning on the themes covered in KS1 and build on their knowledge about:						
Year 3	<ul style="list-style-type: none"> Lacrosse 	<ul style="list-style-type: none"> Tag Rugby 	<ul style="list-style-type: none"> Netball 	<ul style="list-style-type: none"> Football 	<ul style="list-style-type: none"> Handball 	<ul style="list-style-type: none"> Rounders
	<i>MS: Sending and receiving (external coach)</i>	<i>MS: Attack and defence</i>	<i>MS: Sending and receiving</i>	<i>MS: Attack and defence</i>	<i>MS: Accuracy and reaction</i>	<i>MS: Striking and fielding</i>

Indoors	Outdoors



Laurus Primary PE 7 Year Overview

	• Dance: TBC	• Health Related Fitness	• Gymnastics: Linking Movements Together	• Dance: Egyptians	• Gymnastics: Receiving Body Weight	• Athletics
	MS: Movement	MS: Accuracy and reaction	MS: Movement	MS: Movement	MS: Movement, accuracy and reaction	MS: Movement, accuracy and reaction
Year 4	• Basketball	• Handball	• Dodgeball	• Swimming	• Tennis	• Cricket
	MS: Sending and receiving	MS: Attack and defence, accuracy and reaction	MS: Attack and defence	MS: Movement	MS: Accuracy and reaction	MS: Striking and fielding
	• Gymnastics: Rolling and Travelling Low	• Hockey	• Dance: Dance Around the World	• Gymnastics: Partner Work, Pulling & Pushing	• Dance: Anglo- Saxons/ Vikings	• Athletics
	MS: Movement	MS: Sending and receiving	MS: Movement	MS: Accuracy and reaction	MS: Movement, accuracy and reaction	MS: Movement, accuracy and reaction
Year 5	• Tag Rugby	• Lacrosse	• Netball	• Football	• Volleyball	• Rounders
	MS: Attack and defence	MS: Sending and receiving and attack and defence	MS: Sending and receiving	MS: Attack and defence	MS: Sending and receiving	MS: Striking and fielding
	• Dance: Haka	• Health Related Fitness	• Gymnastics: Matching, Mirroring & Contrast	• Dance: British Values	• Gymnastics: Partner Work, Under & Over	• Athletics
	MS: Movement	MS: Movement	MS: Accuracy and reaction	MS: Movement	MS: Movement	MS: Accuracy and reaction
Year 6	• Basketball	• Handball	• Dodgeball	• Health Related Fitness	• Cricket	• Tennis
	MS: Sending and receiving	MS: Attack and defence	MS: Accuracy and reaction	MS: Movement	MS: Striking and fielding	MS: Accuracy and reaction
	• Gymnastics: Flight	• Hockey	• Dance: Dance Through the Ages	• Gymnastics: Group Sequencing	• Dance: WW2	• Athletics
	MS: Movement	MS: Attack and defence	MS: Movement	MS: Movement	MS: Movement	MS: Accuracy and reaction