



PE - St Andrew's C of E Primary School Topics Overview



Term	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Reception Lesson 1	Body Management Unit 1	Dance Unit 1	Manipulation and Coordination Unit 1	Gymnastics Unit 2	Speed, Agility and Travel Unit 1	Cooperate and Solve Problems Unit 2
Reception Lesson 2	Gymnastics Unit 1	Body Management Unit 2	Dance Unit 2	Manipulation and Coordination Dance Unit 2	Cooperate and Solve Problems Unit 1	Speed, Agility and Travel Unit 2
Y1 Lesson 1	Attack, Defend and Shoot Unit 1	Gymnastics Unit 2	Run, jump & throw Unit 1	Send and Return Unit 1	Send and Return Unit 2	Hit, Catch and Run Unit 2
Y1 Lesson 2	Gymnastics Unit 1	Dance Unit 1	Dance Unit 2	Attack, Defend and Shoot Unit 2	Hit, Catch and Run Unit 1	OAA
Y2 Lesson 1	Attack, Defend and Shoot Unit 1	Gymnastics Unit 2	Run, jump & throw Unit 1	Send and Return Unit 1	Send and Return Unit 2	Swimming
Y2 Lesson 2	Gymnastics Unit 1	Dance Unit 1	Dance Unit 2	Attack, Defend and Shoot Unit 2	Hit, Catch and Run Unit 1	OAA

Term	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Y3	Invasion through Netball Unit 1	Gymnastics Unit 1	Invasion through Tag Rugby Unit 1	Invasion through handball Swimming	Striking and Fielding Through Rounders Unit 1 Swimming	Net/ Wall through Badminton Unit 1
Y4	Invasion through Football Unit 1	Dance Unit 1	Invasion through Netball Unit 1 Swimming	Athletics Unit 1	Striking and Fielding Through Cricket Unit 1	OAA Unit 1
Y5	Invasion through basketball Unit 1	Dance Unit 1 Swimming	Gymnastics Unit 1	Invasion through Netball Unit 1	Net/ Wall Through Badminton / Tennis Unit 1	Striking and Fielding through Rounders Unit 1
Y6 - Lesson 1	Invasion Through Netball	Dance Unit 1	Invasion through Tag Rugby	Athletics Unit 1	OAA Unit 1	Invasion Through Basketball Unit 1
Y6 - Lesson 2	Invasion Through Football Swimming	Gymnastics Unit 1	Gymnastics Unit 2	Net/Wall through Badminton Unit 1	Striking and Fielding through Cricket Unit 1	Invasion through Handball

Additional 30 minutes fitness for KS2.

Each week, KS2 classes must ensure 30 minutes extra on top of curriculum content is given. This can be for games, teamwork opportunities, resilience building and PE skill development time. Time would be beneficial after more strenuous foundation subjects such as science and humanities. Below are areas that each year group can follow to ensure this time is protected. If you need activity ideas, please organise time with PE subject leader to discuss.

Skill Area	Year 3	Year 4	Year 5	Year 6
Autumn 1 - Collaboration	Works in pairs or small groups with guidance. Shares ideas when prompted.	Participates in group tasks, beginning to take on roles.	Takes initiative in group roles and supports others.	Leads group tasks, resolves conflicts, and ensures all voices are heard.
Autumn 2 - Communication	Expresses ideas clearly in simple sentences. Listens with support.	Begins to adapt communication for audience. Listens and responds.	Communicates clearly with purpose. Uses appropriate tone and vocabulary.	Communicates confidently in discussions, debates, and presentations.
Spring 1 - Cooperation	Takes turns and shares resources with reminders.	Follows group rules and contributes fairly.	Encourages others and negotiates roles.	Demonstrates empathy and compromise to achieve group goals.
Spring 2 - Non-verbal Communication	Recognises facial expressions and body language.	Uses gestures and facial expressions to support communication.	Interprets non-verbal cues in others and adjusts behaviour.	Uses and reads non-verbal signals effectively in complex social situations.
Summer 1 - Perseverance	Tries again after failure with encouragement.	Begins to set simple goals and work towards them.	Manages frustration and keeps going with minimal support.	Demonstrates resilience and self-motivation in challenging tasks.
Summer 2 - Problem Solving	Solves simple problems with support.	Suggests solutions and tries different approaches.	Plans steps to solve problems and evaluates outcomes.	Applies logical reasoning and creativity to complex problems independently.