

Indoors	Outdoors



Laurus Primary PE 8 Year Overview

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

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

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

Fundamental Movement Skill (FMS) & Multi Skills (MS) allocation: FMS and MS are allocated to each unit of learning based on the assessed key skills within each taught unit our PE Passport curriculum.

	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS pupils should be taught about:						
Pre-School	• Yoga 1	• Locomotion 1	• Dance: Nursery Rhymes	• Stability 1	• Dance: Toys	• Fine Motor Skills 1
	<i>FMS: Travelling; Balance</i>	<i>FMS: Agility; Control & Coordination</i>	<i>FMS: Travelling; Control & Coordination</i>	<i>FMS: Balance; Travelling; Jumping & Landing</i>	<i>FMS: Travelling; Control & Coordination</i>	<i>FMS: Travelling; Control & Coordination; Balance</i>
Rec	• Fundamental Movement Skills 1	• Locomotion 2	• Stability 2	• Object Manipulation 1	• Gymnastics: Flight	• 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:	• Fundamental Movement Skills 2	• Invasion Games Skills 1	• Net & Wall Skills 1	• Striking & Fielding 1	• Athletics 2	• 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>
	• Gymnastics: Balancing & Spinning on points and patches	• Target Games 2	• Dance: Animals	• Gymnastics: Balancing & Spinning on points and patches	• Dance: Under the Sea	• 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	• Social Distance 1	• Fundamental Skills 3	• Invasion Games Skills 2	• Target Games 3	• Striking & Fielding 2	• 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>
	• Gymnastics: Spinning, Turing & Twisting	• Net & Walls Games Skills 2	• Yoga: Story Book	• Dance: Great Fire of London	• Gymnastics: Pathways	• Dance: Mini Beasts

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