

CHS P.E Overview

<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
Dance	Dance	Dance	Dance	Dance	Dance
Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
Health & Fitness	Health & Fitness	Health & Fitness	Health & Fitness	Health & Fitness	Health & Fitness
Athletics (Indoor & outdoor)	Athletics (Indoor & outdoor)	Athletics (Indoor & outdoor)	Athletics (Indoor & outdoor)	Athletics (Indoor & outdoor)	Athletics (Indoor & outdoor)
Fundamental movement skills (Balance, Agility, Co-ordination, Multi-skills)	Fundamental movement skills (Balance, Agility, Co-ordination, Multi-skills)	Invasion Games (Football, handball, basketball, hockey, dodgeball, rugby)	Invasion Games (Football, handball, basketball, hockey, dodgeball, rugby)	Invasion Games (Football, handball, basketball, hockey, dodgeball, rugby)	Invasion Games (Football, handball, basketball, hockey, dodgeball, rugby)
Games (playground games/ teambuilding games/ skipping games or introduction to certain sports - Tennis games, chance to shine cricket)	Games (playground games/ teambuilding games/ skipping games or introduction to certain sports – Tennis games, chance to shine cricket)	Striking & Fielding Games (Cricket, rounders, Tri-golf)	Striking & Fielding Games (Cricket, rounders, Tri-golf)	Striking & Fielding Games (Cricket, rounders, Tri-golf)	Striking & Fielding Games (Cricket, rounders, Tri-golf)
		Net & Wall Games (tennis, Badminton, Table-tennis)	Net & Wall Games (tennis, Badminton, Table-tennis)	Net & Wall Games (tennis, Badminton, Table-tennis)	Net & Wall Games (tennis, Badminton, Table-tennis)
Yoga/ stretching	Yoga/ stretching	Yoga/ stretching	Yoga/ stretching	Yoga/ stretching	Yoga/ stretching
Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Outdoor and adventurous activities	Outdoor and adventurous activities	Outdoor and adventurous activities	Outdoor and adventurous activities	Sports Leadership Award/ Outdoor and adventurous activities	Outdoor and adventurous residential
Wellbeing Days					
Wellbeing Walk 17 th October	Fun Run/Sports challenge - sponsored run in fancy dress (Children's Mental Health week 6-10 th Feb and Sports Relief 17.2.23)	Monday 20 th March 2023 Orienteering?? TBC	Monday 18 th May 2023 (TBC) Climbing Wall/Aeroball/Skateboarding/ coding workshop- Outdoor Education Company -	Outdoor Adventurous Y6 (Residential) Water sports activity.	Sports Day

It is an expectation that 2 sessions of PE are taught each week, alongside 1 session a week in the Health Related Fitness Zone.

Please highlight when each area above has been covered.

Colour code: Autumn – Blue Spring – Green Summer – Yellow

Notes: Other than Health related fitness that happens for all age groups at the start of the academic year (Autumn 1), you do not have to teach each area at a certain time. However, you **must** aim to cover all areas over the year. Each year group has dance and gymnastics. Some year groups have a choice of game activities within their curriculum. They may choose to teach through a variety of different activities or through one activity they'd like to specialise in during a half-term.

Coverage of Subject and Generic Concepts.

Subject Concepts – refer to C.H.S. P.E curriculum intentions that are assessed on the Key skills continuum at the beginning and end of each unit. .

Generic Concepts – refer to C.H.S. School's intentions that are assessed formatively and used to inform children targets.

Please refer to the table below to see what Concept is assessed in each area.

Year 1						
Dance						
Evaluating and Improving	Leadership	Decision Making	Fair play	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect
Gymnastics						
Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect
Health & Fitness						
Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect
Fundamental Movement Skills/ Games/ Athletics						
Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect
Yoga/ Stretching						

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Swimming

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Year 2

Dance

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Gymnastics

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Health & Fitness

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Fundamental Movement Skills/ Games/ Athletics

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Yoga/ Stretching

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Swimming

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
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Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect
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Year 3

Dance

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Gymnastics

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Health & Fitness

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Athletics

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Invasion/ Net & Wall/ Striking & Fielding Games

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Yoga/ Stretching

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Outdoor and Adventurous

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Swimming

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Year 4

Dance

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Gymnastics

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Health & Fitness

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Athletics

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Invasion/ Net & Wall/ Striking & Fielding Games

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Yoga/ Stretching

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Outdoor and Adventurous

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Swimming

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Year 5

Dance

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Gymnastics

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Health & Fitness

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Athletics

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Invasion/ Net & Wall/ Striking & Fielding Games

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Yoga/ Stretching

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
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Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect
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Outdoor and Adventurous

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Leadership

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Swimming

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Year 6

Dance

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Gymnastics

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Health & Fitness

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Athletics

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
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Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect
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Invasion/ Net & Wall/ Striking & Fielding Games

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Yoga/ Stretching

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Outdoor and Adventurous

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect

Swimming

Evaluating and Improving	Leadership	Decision Making	Fairplay	Mindset	Fitness	Performance
Teamwork	Communication	Self-regulation/ Resilience	Organisation and independence	Cooperation	Fairness	Respect