

PE Yearly Overview - Games

Year group	Programme of study
Year 1	<p>Team and individual games – focus on agility coordination with control Indirect competition – complete against self Say how their body feels during exercise Observe/describe what they and others have performed and name some things they are good at</p>
Year 2	<p>Team and individual games – focus on agility coordination with control, varying speed and direction Indirect competition – compete against others in turn Take part in team games Say how their body feels during exercise and recognise changes. Recognise similarities and differences in performances and name things others are good at and praise them for it. Swimming</p>
Year 3	<p>Apply skills in a range of activities and develop basic techniques Indirect competition – compete against each other to beat time, score, distance Talk about changes to the body when they exercise and why (refer to heart, lungs etc.) Explain what they are doing and why they are doing it. Explain why someone is working well and give them feedback.</p>
Year 4	<p>Continue to apply skills and combine balance and agility coordination movements with control Direct competition in own playing area but no contact Know how often and for long they should be exercising Give sensitive critical feedback and accept and act on feedback from others.</p>
Year 5	<p>Take part in a range of activities making adjustments and adaptations in different contexts Direct competition in a shared playing area but no contact Explain why regular exercise is good for long term health and fitness Identify specific parts of performance to improve and design ways to do this.</p>
Year 6	<p>Through activities combine movements accurately and consistently make adjustments/adaptations when performing Direct competition using tactics – there may be some direct contact Explain why regular exercise is good for long term health and fitness and plan their own healthy active lifestyle programme Recognise and suggest patterns of play that will increase their chance of success Review, analyse and evaluate strengths and weaknesses.</p>

