

Rednal Hill Infant School PE Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>Nursery</u>	Physical Development	Physical Development	Physical Development	Physical Development	Physical Development	Physical Development
<u>Reception</u>	Unit 1 Body management	Unit 1 Dance	Unit 1 Gymnastics	Unit 1 Manipulation & Coordination	Unit 1 Speed, Agility, Travel	Unit 1 Cooperate & Solve Problems
<u>Vocabulary</u>	Climb, step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll	Dance, twist, turn, travel, step, music, respond, stretch, feet, curl, high, low, fast, slow, car, train, sailing ship, firefighter, builder, farmer,	Balance, control, fast, high, jump, link, low, stretch, pattern	Carry, crawl, feet, freeze, grip, hands, high, hold, hop, jump, low, music, one foot, pause, prepare, eyes	Pause, prepare, freeze, high, low, switch, agility, music, beat	Cooperate, team, individual, partner, pair, work, choose, collect, suits, deck, cards, trail, body shape, number
<u>Year 1</u>	Unit 1 Hit, Catch, Run (sports coach) Unit 1 Send & Return (Class Teacher)	Unit 1 Gymnastics (sports coach) Unit 1 Dance (Class Teacher)	Unit 2 Gymnastics (sports coach) Unit 2 Dance (Class Teacher)	Unit 1 Attack, Defend, Shoot (sports coach) Unit 1 Run, Jump and Throw (Class Teacher)	Unit 2 Hit, Catch, Run (sports coach) Unit 2 Send & Return (Class Teacher)	Unit 2 Attack, Defend, Shoot (sports coach) Unit 2 Run, Jump, Throw (Class Teacher)
<u>Vocabulary</u>	Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw Hit, send, collect, stop, net, throw, roll, strike, catch,	Balance, body tension, tensed, relaxed, shape, stretched, curled, carry, control, extension, fast, hang, high, jump, like, link, low, safety	Balance, body tension, tensed, rock, roll, link, quarter, half, turn, spin, twist, unison, canon Compose, choose, select, emotions,	Attack, catch, compete, defend, over-arm, play against, receive, roll, rolling, send, throw, under-arm Backwards, distance, far, fast,	Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw Bowl, hit, net, pick up, roll, serve, stop,	Cooperate, defend, fluency, heart rate, outwit, physical activity, pitch A variety of balls, hoops, bean bags, quoits, throw down

	bowl, feed, pick up, batter, hitter, forehand, backhand, court	Stretch, swing, mood, feeling, theme, story, static, friendship, start, middle, end, Lindy Hop	canon, rhyme, theme, character, round, respond	forwards, furthest, high, hop, link, medium, fastest	track, opposition, umpire	markers, foam javelins, balloons, stopwatch, measuring tape, skipping ropes
<u>Year 2</u>	Unit 1 Hit, Catch, Run (sports coach) Unit 1 Send & Return (Class Teacher)	Unit 1 Gymnastics (sports coach) Unit 1 Dance (Class Teacher)	Unit 2 Gymnastics (sports coach) Unit 2 Dance (Class Teacher)	Unit 1 Attack, Defend, Shoot (sports coach) Unit 1 Run, Jump, Throw (Class Teacher)	Unit 2 Hit, Catch, Run (sports coach) Unit 2 Send & Return (Class Teacher)	Unit 2 Attack, Defend, Shoot (sports coach) Unit 2 Run, Jump, Throw (Class Teacher)
Vocabulary	Hit, catch, runs, wicket, bats, bowl, feed, throw, catch, underarm, overarm, field, hitter, bowler, umpire, posts, stumps Serve, bounce, drop, badminton, tennis, volleyball, squash, shuttlecock, racquet	Balance, shape, bridge, jump power, weight-on, point, patch, teddy, dolly, front-straddle, cup, puck, v-sit, japana, arabesque Solo, duet, mood, feeling, penguin, musicality, respond, sea, gentle, stormy, floating, spinning, unison, canon, friendship, abandonment	Body tension, carry, control, extension, fast, hang, timing, travel, turn, transition, smooth, relevé, core muscles Dynamic, independent, pair, clock face, time, motif, freestyle, formation, on stage, off stage	Aim, attack, compete, control, cooperate, receive, restart, sideline Run, throw, handle, power, quick, burpee, obstacle, control, stamina, static, dynamic, collect	Outwit, bowler, strike, respond, stump, stumping, wicketkeeper, backstop, position, role Front, back, tactics, compete, score, wide, deep, rotate, point	Rebound, aim, speed, direction, scoring, controlling, following, intercepting, tactics Strength, distance, power, repetition, power, accuracy, agility, burn, stamina, fitness, persevere, tally, develop, lap, cooperate, compete