

### Chase View Curriculum Overview - Physical Education - PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Pre-school</b>	Jungle- Static Balance Can I balance on the floor?	Cat - Static Balance How can I move?	Fairytale - Agility Can I react and respond?	Train - Dynamic Balance Can I move along a line?	Juggling - Coordination Can I move a ball?	Seaside - Counter Balance Can I move with a partner?
<b>Nursery</b>	Tightrope - Static Balance Can I balance in a line?	Space - Dynamic Balance What ways can I jump and land?	Bike - Coordination How can I move my feet in different ways?	Clown - Coordination Can I control a ball?	Squirrel - Agility Can I chase a ball?	Pirate - Static Balance Can I balance on one leg?
<b>Reception</b>	Coordination - Footwork How many different ways can I move?	Dynamic Balance - Jumping and landing How many different ways can I balance?	Dynamic Balance - On a line How can I link movements?	Coordination - Counter Balance Can I observe and copy others?	Coordination - Sending and Receiving Can I perform a skill with control?	Agility - Ball Chasing How can I control a ball with increased skill?
<b>Y1</b>	Coordination - Static Balance How does it feel when you move with control?	Dynamic Balance - Jumping and Landing How many different ways can you jump?	Dynamic balance - On a line What can help make your movements smooth?	Coordination - Counter Balance How can we tell if someone is counter balancing well?	Coordination - Sending and Receiving How does it feel when you move the ball with control?	Agility - Ball Chasing What do we need to do to make sure we are moving and landing safely?
<b>Y2</b>	Coordination - Static Balance How can good footwork patterns help us in other sports and activities?	Agility - Jumping and Landing How can we get more spring in our jump?	Dynamic Balance - Static How can we tell if someone is balancing well?	Coordination - Ball Skills How can practising our ball handling help in different sports?	Agility - Reaction and Response What can help us react and respond more quickly?	Agility- Ball chasing and Footwork What do we need to think about when chasing the ball?
<b>Y3/4 - Plan A</b>	Coordination - Footwork How can varied and controlled footwork improve games playing?	Balance - Jumping and landing What sports/activities require the ability to be able to jump and land in balance?	Dynamic - Balance What is dynamic balance?	Coordination - Sending and Receiving What do you know about good throwing and catching techniques?	Agility - Reaction and Response What does controlled movement look like?	Agility - Ball Chasing How can I accelerate and control when chasing and collecting a ball?
<b>Y3/4 - Plan B</b>	Coordination- Footwork Why is it important we can move with control on both legs and in both directions?	Dynamic Balance to agility- Jumping and landing Why is it important we can jump off and land on either foot and turn in either direction?	Dynamic Balance and coordination Why is it important we can move both forwards and backwards in balance?	Coordination-Sending and receiving How do you know when you're are in a good position to send and receive?	Agility - Reaction and Response What different activities require the ability to react and respond quickly?	Agility - Ball Chasing What does good posture look like with small base balance?

<b>Y5/6 - Plan A</b>	<p>Agility - Ball Skills</p> <p>Why is it important to be able to work with both hands and in both directions?</p>	<p>Static Balance- Seated and Floor</p> <p>Why is it important to have good body strength and posture?</p>	<p>Dynamic balance and counter balance- With a Partner</p> <p>Why is it harder to balance with a short base than with a long base?</p>	<p>Dynamic Balance and Agility</p> <p>How do we use our body differently to maintain balance when jumping forwards, backwards and sideways?</p>	<p>Static Balance - Coordination and Footwork</p> <p>Why is it important to be able to control our footwork before trying to increase the speed?</p>	<p>Coordination- Sending and Receiving</p> <p>What do we need to consider when chasing and stopping a ball?</p>
<b>Y5/6 - Plan B</b>	<p>Coordination- Reaction and Response</p> <p>Why is it important to be able to react and respond quickly in lots of sports?</p>	<p>Floor Work- Balance and Ball Skills</p> <p>What sports can you think of where good Seated Balance is important?</p>	<p>Dynamic Balance - On a Line</p> <p>What sports can you think of where good Dynamic Balance is important?</p>	<p>Dynamic Balance - Jumping and Landing</p> <p>What impact does changing height and/or base have on our 1 leg balance?</p>	<p>Balance- Coordination and Footwork</p> <p>What are 3 key factors to consider in relation to having a good ready position?</p>	<p>Agility - Ball Chasing</p> <p>What sports involve ball chasing combined with sending and receiving?</p>