Indoors	Outdoors



Laurus Primary PE 8 Year Overview

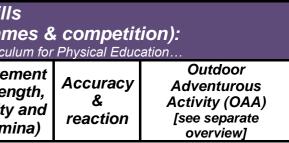
Intent: To inspire and nurture all children to lead a healthy and active lifestyle.

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

KS2 Key Ski (Multi Skills through sports ga Multi Skills (MS) come from the National Curric				
Attack & Defence nvasion)	Sending & receiving	Striking & fielding	Movel (Strei agility stam	

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



Outdoors



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	FMS: Agility; Balance; Control & Coordination	FMS: Balance; Control & Coordination	FMS: Travelling; Balance	FMS: Travelling; Control & Coordination	FMS: Jumping & Landing; Travelling; Agility; Balance; Control & Coordination	FMS: Travelling; Control & Coordination
Key Stage	2 Pupils should extend their learni	ng on the themes covered in KS1 a	nd build on their knowledge abou	it:		
	Lacrosse	Tag Rugby	Netball	Football	Handball	Rounders
Year 3	MS: Sending and receiving (external coach)	MS: Attack and defence	MS: Sending and receiving	MS: Attack and defence	MS: Accuracy and reaction	MS: Striking and fielding
	Dance: TBC	Health Related Fitness	 Gymnastics: Linking Movements Together 	Dance: Egyptians	 Gymnastics: Receiving Body Weight 	Athletics
	MS: Movement	MS: Accuracy and reaction	MS: Movement	MS: Movement	MS: Movement, accuracy and reaction	MS: Movement, accuracy and reaction
	Basketball	Handball	Dodgeball	Swimming	Tennis	Cricket
Year 4	MS: Sending and receiving	MS: Attack and defence, accuracy and reaction	MS: Attack and defence	MS: Movement	MS: Accuracy and reaction	MS: Striking and fielding
	 Gymnastics: Rolling and Travelling Low 	Hockey	Dance: Dance Around the World	Gymnastics: Partner Work, Pulling & Pushing	 Dance: Anglo- Saxons/ Vikings 	Athletics
	MS: Movement	MS: Sending and receiving	MS: Movement	MS: Accuracy and reaction	MS: Movement, accuracy and reaction	MS: Movement, accuracy and reaction
	Tag Rugby	Lacrosse	Netball	Football	Volleyball	Rounders
Year 5	MS: Attack and defence	MS: Sending and receiving and attack and defence	MS: Sending and receiving	MS: Attack and defence	MS: Sending and receiving	MS: Striking and fielding
	Dance: Haka	Health Related Fitness	 Gymnastics: Matching, Mirroring & Contrast 	Dance: British Values	 Gymnastics: Partner Work, Under & Over 	Athletics
	MS: Movement	MS: Movement	MS: Accuracy and reaction	MS: Movement	MS: Movement	MS: Accuracy and reaction
	Basketball	Handball	Dodgeball	Health Related Fitness	Cricket	Tennis
Year 6	MS: Sending and receiving	MS: Attack and defence	MS: Accuracy and reaction	MS: Movement	MS: Striking and fielding	MS: Accuracy and reaction
	Gymnastics: Flight	Hockey	 Dance: Dance Through the Ages 	Gymnastics: Group Sequencing	Dance: WW2	Athletics
	MS: Movement	MS: Attack and defence	MS: Movement	MS: Movement	MS: Movement	MS: Accuracy and reaction