**PESSPA Overview of units taught across the school**

**Supporting Wellbeing through Physical**

**Activity**



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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Whole school** | Intra-house games |  | Intra-house games | Dance Festival | Inter-house games | Sports Day |
| **Nursery** | Movement, control, coordination and spatial awareness. Running and direction | Movement, travel, control and climbing | Hand-eye coordination, throw, catch, roll, hold and bounce an object | Dance / Games to improve agility and speed (Climbing) | Using a range of equipment: Movement control, coordination and travel | Practise and consolidation of skills through games. |
| **Reception** | Movement, control, coordination and spatial awareness. Running technique and speed | Spatial awareness, body control, direction, jumping, balance, speed | Hand-eye coordination, throw, catch, roll, hold and bounce an object with accuracy and control | Dance / Games to improve accuracy and control (Climbing) | Using a range of equipment: Dribble, spatial awareness, coordination, control, direction with speed and accuracy | Practise and consolidation of skills through games. |
| **Year 1**  **Supporting Wellbeing through Physical**  **Activity** | Travel and balance  **Supporting Wellbeing through Physical**  **Activity**  (Gymnastics) /  Creative Play (OAA) | Throwing and Catching (Invasion) / Creative Play (OAA) | Jumping (Gymnastics) / Ball control (Invasion) | Dance / Running and jumping (Athletics) | Dance / Balance and control (Net games) | Partner Games and accuracy (Strike and field) |
| **Year 2**  **Supporting Wellbeing through Physical**  **Activity** | Balance, coordination and sequences (Gymnastics) / Rule Making (OAA) | Sending and Receiving (Invasion) / Rule Making (OAA) | Control, balance and travel (Gymnastics) / Kicking and dribbling (Invasion) | Dance / Movement and coordination (Athletics) | Dance / Accuracy when striking  (Net games) | Group Games, agility and coordination (Strike and field) |
| **Year 3**  **Supporting Wellbeing through Physical**  **Activity** | Direction, jumping and symmetry (Gymnastics) / Thinking Aloud (OAA) | Passing for Possession (Invasion) / Thinking Aloud (OAA) | Travelling, positions and techniques (Gymnastics) / Dribbling to invade (Invasion) | Dance / Throwing techniques (Athletics) | Dance / Movements when striking (Net games) | Speed and direction (Strike and field) |
| **Year 4**  **Supporting Wellbeing through Physical**  **Activity** | Passing and Moving (Invasion) / Decisions (OAA) | Control, balance and Rhythmic (Gymnastics) / Decisions (OAA) | Balance and techniques (Gymnastics) / Dribbling, movement and teamwork (Invasion) | Dance / Jumping and agility (Athletics) | Dance / Returning (Net games) | Accurate throwing, catching and positioning (Strike and field) |
| **Year 5**  **Supporting Wellbeing through Physical**  **Activity** | Balance and travelling (Gymnastics)  Swimming  Leadership (OAA) | Rules and Concepts (Invasion)  Swimming  Leadership (OAA) | Sequence and techniques (Gymnastics) / Ball skills in a team (Invasion)  Swimming | Dance  Swimming  Speed and technique (Athletics) | Speed and technique (Athletics)  Swimming | Consistency of positioning and striking (Strike and field) / Accuracy and rallies (Net games) |
| **Year 6**  **Supporting Wellbeing through Physical**  **Activity** | Travelling, jumping and technique (Gymnastics) / Finding Success (OAA) | Competitive (Invasion) / Finding Success (OAA) | Strength and complex sequencing (Gymnastics) /Ball skills to score (Invasion) | Dance / Stamina and technique (Athletics) | Dance / Serving and batting techniques  (Competitive Net games) | Teamwork and application of technique (Strike and field) / Swimming |

PSHE Link - Physical Health and Well being - Physical Health and Fitness

The characteristics and mental and physical benefits of an active lifestyle. The importance of building regular exercise into daily and weekly routines and how to achieve this; for example walking or cycling to school, a daily active mile or other forms of regular, vigorous exercise. The risks associated with an inactive lifestyle (including obesity).