



HPA PE Parent Overview



Nursery/ Reception – Cycle A						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Ball skills: Feet	Gymnastics: High, low, over and under	Dance: Nursery rhymes	Ball skills: Hands	Locomotion: Walking and jumping	Ball skills: Rackets, bats, balls and balloons
Area of Study	<p>Explore moving with a ball using our feet.</p> <p>Develop moving with a ball using our feet</p> <p>Understand dribbling</p> <p>Develop dribbling against an opponent</p>	<p>Introduction to high, low, over and under</p> <p>Introduction to the apparatus</p> <p>Applying high and low on apparatus</p>	<p>Moving in sequence</p> <p>Creating our own movements</p> <p>Creating simple movement sequences</p> <p>Responding in movement to words and music</p> <p>Exploring contrasting tempos</p> <p>Exploring character movements</p>	<p>Explore pushing</p> <p>Explore rolling</p> <p>Explore bouncing</p> <p>Explore bouncing into space</p> <p>Combine pushing and rolling</p> <p>Combine rolling, pushing and bouncing</p>	<p>Explore walking in different pathways</p> <p>Sustain walking</p> <p>Explore marching</p> <p>Apply walking into a game</p> <p>Apply jumping into a game</p> <p>Jumping for distance</p> <p>Explore jumping high</p> <p>Explore hopping</p>	<p>Explore pushing/hitting a balloon with control</p> <p>Explore hitting a balloon with power into space</p> <p>Explore hitting/pushing (sending) a balloon with accuracy</p> <p>Explore balancing an object on a racket/bat</p>



HPA PE Parent Overview



Years 1/2 – Cycle A						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Ball skills: Hands 1</p> <p>Games for understanding: Attack vs Defence</p>	<p>Ball Skills: Feet</p> <p>Gymnastics: Linking</p>	<p>Team building</p> <p>Dance: Mr Candy's Sweet Factory</p>	<p>Locomotion: Dodging</p> <p>Ball skills: Hands 2</p>	<p>Locomotion: Jumping</p> <p>Ball Skills: Sticks</p>	<p>Rackets, bats and balls</p> <p>Learning through play</p>
Area of Study	<p>Develop dribbling/ passing and receiving</p> <p>Combine dribbling, passing and receiving, keeping possession</p> <p>Develop dribbling/ passing and receiving to score a point</p> <p>Combine dribbling, passing and receiving to score a point</p>	<p>Develop dribbling/ passing/receiving, keeping possession</p> <p>Combine dribbling, passing and receiving, keeping possession/ to score a point</p> <p>Apply dribbling, passing and receiving as a team to score a point</p>	<p>Introducing teamwork</p> <p>Develop teamwork</p> <p>Building trust and developing communication</p> <p>Cooperation and communication</p> <p>Explore simple strategies</p> <p>Problem solving: Consolidate teamwork</p>	<p>Explore dodging</p> <p>Develop dodging</p> <p>Apply dodging: Explore attacking to beat an opponent</p> <p>Apply dodging in teams</p>	<p>Consolidate jumping</p> <p>Apply jumping into a game</p> <p>Linking jumping</p> <p>Explore jumping combinations</p> <p>Develop jumping combinations</p>	<p>Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent</p> <p>Introduce hitting (sending/striking) a ball into a space: Where and why?</p> <p>Striking the ball (with a bat) into space with intent</p>
	<p>Attacking/defending as a team</p> <p>Understanding the transition between defence and attack</p> <p>Create and apply attacking/ defensive tactics</p>	<p>Developing linking</p> <p>Linking on apparatus</p> <p>Jump, roll, balance sequences/on apparatus</p> <p>Creation of sequences</p> <p>Completion of sequences and performance</p>	<p>Exploring expression</p> <p>Linking movements together</p> <p>Creating a motif with characterisation, expression and emotion</p> <p>Extending our motifs with different dynamics (fast and slow)</p>	<p>Consolidate pupil's application and understanding of underarm throwing</p> <p>Applying the underarm and overarm throw to win a game</p> <p>Applying the underarm throw to beat an opponent</p>	<p>Develop dribbling</p> <p>Develop passing</p> <p>Introduce sending a ball accurately (shooting) to score points</p> <p>Introduce blocking or intercepting</p>	<p>Creating games on our own and with a partner and in teams</p> <p>Exploring the role of the referee</p> <p>Playing and creating competitive games with a referee</p> <p>Playing competitive games against other teams</p>



HPA PE Parent Overview



Years 3/4 – Cycle A						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>TAG Rugby</p> <p>Invasion: Game sense</p>	<p>Hockey</p> <p>Dance: space</p>	<p>Sportshall athletics</p> <p>Gymnastics: bridges</p>	<p>Cricket</p> <p>Tennis</p>	<p>Rounders</p> <p>Swimming</p>	<p>Outdoor adventure activities: Orienteering</p> <p>Swimming</p>
Area of Study	<p>Develop passing, moving and creating space</p> <p>Apply learning to 3v3 mini games</p> <p>Develop defending in game situations</p> <p>Combine passing and moving to create an attack and score</p>	<p>Refine dribbling and passing</p> <p>Combine passing and dribbling to create shooting opportunities</p> <p>Develop passing and dribbling creating space for attacking opportunities</p> <p>Introduce defending; blocking and tackling</p>	<p>Develop running at speed</p> <p>Exploring our stride pattern</p> <p>Exploring running at pace</p> <p>Understand and apply tactics when running for distance</p> <p>Javelin</p> <p>Standing Triple Jump</p>	<p>Develop an understanding of batting and fielding</p> <p>Introduce bowling underarm</p> <p>Develop stopping and returning the ball</p> <p>Develop retrieving and returning the ball</p> <p>Striking the ball at different angles and speeds</p>	<p>Develop fielding bowling with a backstop</p> <p>Introduce batting; how</p> <p>Develop batting; where and why</p> <p>Introduce and apply basic fielding tactics</p>	<p>Face orienteering</p> <p>Cone orienteering</p> <p>Point and return</p> <p>Timed course</p> <p>Orienteering competition</p>
	<p>Develop passing and creating space</p> <p>Combine passing, moving and shooting</p> <p>Introduce dribbling: Keeping control</p> <p>Introduce defending and the concept of marking</p>	<p>Extending sequences with a partner in character</p> <p>Developing sequences with a partner in character that show relationships and interlinking dance moves</p> <p>Sequences, relationships, choreography and performance</p>	<p>Introduction to bridges</p> <p>Application of bridge learning onto apparatus</p> <p>Develop sequences with bridges</p> <p>Sequence formation</p> <p>Sequence completion</p>	<p>Developing the forehand</p> <p>Creating space to win a point using a racket</p> <p>Introduce the backhand</p> <p>Applying the forehand and backhand in game situations</p> <p>Applying the forehand and backhand creating space to win a point</p>	<p>Lessons delivered by qualified swimming instructors at Ashbourne Leisure Centre.</p>	<p>Lessons delivered by qualified swimming instructors at Ashbourne Leisure Centre.</p>



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Years 5/6 – Cycle A						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	TAG Rugby Swimming	Hockey Swimming	Sports hall athletics Swimming	Cricket Swimming	Rounders Tennis	Outdoor adventure activities: Orienteering Health related exercise
Area of Study	Consolidate attacking Consolidate defending Create, understand and apply attacking/defending tactics in game situations Application of 'powers' into Game Play, to challenge tactical thinking	Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations	Running for speed competition Running for distance competition Throwing competition Jumping competition	Consolidate batting, fielding and bowling Create, understand and apply attacking and defensive tactics in game	Introduction to full rounders Consolidate fielding tactics Refine our understanding of what happens if the batter misses or hits the ball backwards Batting considerations	Face orienteering Cone orienteering Point and return Timed course Orienteering competition
	Lessons delivered by qualified swimming instructors at Ashbourne Leisure Centre.	Lessons delivered by qualified swimming instructors at Ashbourne Leisure Centre.	Lessons delivered by qualified swimming instructors at Ashbourne Leisure Centre.	Lessons delivered by qualified swimming instructors at Ashbourne Leisure Centre.	Game application Game application, mixed ability doubles, round robin games	Develop a secure understanding of cardio fitness Develop a secure understanding of flexibility fitness Develop a secure understanding of strength fitness



HPA PE Parent Overview



Nursery/ Reception – Cycle B						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Ball skills: Feet	Gymnastics: High, low, over and under	Dance: Nursery rhymes	Ball skills: Hands	Locomotion: Walking and jumping	Ball skills: Rackets, bats, balls and balloons
Area of Study	<p>Explore moving with a ball using our feet.</p> <p>Develop moving with a ball using our feet</p> <p>Understand dribbling</p> <p>Develop dribbling against an opponent</p>	<p>Introduction to high, low, over and under</p> <p>Introduction to the apparatus</p> <p>Applying high and low on apparatus</p>	<p>Moving in sequence</p> <p>Creating our own movements</p> <p>Creating simple movement sequences</p> <p>Responding in movement to words and music</p> <p>Exploring contrasting tempos</p> <p>Exploring character movements</p>	<p>Explore pushing</p> <p>Explore rolling</p> <p>Explore bouncing</p> <p>Explore bouncing into space</p> <p>Combine pushing and rolling</p> <p>Combine rolling, pushing and bouncing</p>	<p>Explore walking in different pathways</p> <p>Sustain walking</p> <p>Explore marching</p> <p>Apply walking into a game</p> <p>Apply jumping into a game</p> <p>Jumping for distance</p> <p>Explore jumping high</p> <p>Explore hopping</p>	<p>Explore pushing/hitting a balloon with control</p> <p>Explore hitting a balloon with power into space</p> <p>Explore hitting/pushing (sending) a balloon with accuracy</p> <p>Explore balancing an object on a racket/bat</p>



HPA PE Parent Overview



Years 1/2 – Cycle B						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	<p>Ball skills: Hands 1</p> <p>Games for understanding: Attack vs Defence</p>	<p>Ball Skills: Feet</p> <p>Gymnastics: Wide, Narrow, Curled</p>	<p>Team building</p> <p>Dance: Heroes</p>	<p>Locomotion: Running</p> <p>Ball skills: Hands 2</p>	<p>Locomotion: Jumping</p> <p>Ball Skills: Sticks</p>	<p>Rackets, bats and balls</p> <p>Learning through play</p>
Area of Study	<p>Introduce sending (bouncing) with control Introduce aiming with accuracy</p> <p>Introduce power and speed when sending a ball</p> <p>Introduce/develop stopping, combining sending skills</p> <p>Combine sending and receiving skills</p>	<p>Develop moving the ball using the feet</p> <p>Apply dribbling into games</p> <p>Consolidate dribbling</p> <p>Explore kicking (passing)</p> <p>Apply kicking (passing) to score a point</p>	<p>Introducing teamwork</p> <p>Develop teamwork</p> <p>Building trust and developing communication</p> <p>Cooperation and communication</p> <p>Explore simple strategies</p> <p>Problem solving: Consolidate teamwork</p>	<p>Explore running</p> <p>Apply running into a game</p> <p>Explore running at different speeds</p> <p>Running for speed: Acceleration</p> <p>Explore running in a team</p> <p>Consolidate running, apply running into a game</p>	<p>Recap jumping</p> <p>Develop jumping</p> <p>Explore how jumping affects our bodies</p> <p>Explore skipping</p> <p>Apply skipping and jumping into a game</p>	<p>Develop pushing (dribbling) a ball with a racket: Introducing control</p> <p>Explore hitting and develop pushing a ball (with a racket) towards a target</p> <p>Explore hitting a ball (with a racket) with accuracy and power</p>
	<p>Understanding the principles of attack/defence</p> <p>Applying attacking/defending principles into a game</p> <p>Consolidate attacking/defending</p>	<p>Introduction to wide, narrow and curled</p> <p>Exploring the difference between wide, narrow and curled</p> <p>Transitioning between wide, narrow and curled movements</p> <p>Linking two movements together</p>	<p>Performing movements in sequence</p> <p>Creating movements that represent superpowers</p> <p>Creating movements that represent a superhero rescuing/saving, someone/something</p> <p>Exploring character movements</p>	<p>Introduce throwing with accuracy</p> <p>Apply throwing with accuracy in a team</p> <p>Introduce stopping a ball</p> <p>Develop sending (rolling) skills to score a point</p> <p>Consolidate sending and stopping to win a game</p>	<p>Using sticks safely</p> <p>Introduce dribbling with the ball</p> <p>Introduce stopping the ball</p> <p>Introduce sending (passing) a ball</p> <p>Develop dribbling</p>	<p>Following instructions when playing games</p> <p>Keeping count (the score) when playing games</p> <p>Competing against myself</p> <p>Competing against others</p> <p>Playing competitive games</p>



HPA PE Parent Overview



Years 3/4 – Cycle B						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Football Netball	Basketball Dance: Wild animals	Sports hall athletics Gymnastics: Canon and Unison	Cricket Outdoor adventure activities: Challenging collaboration	Rounders Swimming	Tennis Swimming
Area of Study	<p>Introduce/develop dribbling keeping control</p> <p>Introduce passing and receiving</p> <p>Combine dribbling and passing to create space</p> <p>Develop passing, receiving and dribbling</p>	<p>Introduce dribbling;</p> <p>Introduce passing and receiving</p> <p>Combine dribbling and passing to create space</p> <p>Develop passing, receiving and dribbling</p> <p>Introduce shooting</p>	<p>Explore running for speed</p> <p>Explore acceleration</p> <p>Introduce /develop relay: Running for speed in a team</p> <p>Throwing: Accuracy vs distance</p> <p>Standing Long Jump</p>	<p>Understand the concept of batting and fielding</p> <p>Introduce throwing overarm</p> <p>Introduce throwing underarm</p> <p>Introduce catching</p> <p>Striking with intent</p>	<p>Introduce to rounders</p> <p>Introduce overarm throwing</p> <p>Apply overarm and underarm throwing</p> <p>Introduce stopping the ball</p> <p>Application of stopping the ball in a game</p>	<p>Introduction tennis, outwitting an opponent</p> <p>Creating space to win a point</p> <p>Consolidate how to win a game introduce rackets</p> <p>Introduce the forehand</p>
	<p>Introduce passing and receiving</p> <p>Introduce passing and creating space</p> <p>Introduce scoring and the concept of shooting</p>	<p>Responding to stimuli</p> <p>Developing character dance into a motif</p> <p>Develop sequences with a partner in character that show relationships</p> <p>Extending sequences with a partner in character</p>	<p>Introduction to Unison</p> <p>Introduction to Canon</p> <p>Application of sequences in 'Unison' and 'Canon' onto apparatus</p> <p>Combining Canon and Unison in groups</p>	<p>Collaborating to win simple games</p> <p>Collaborating in teams:</p> <p>Collaborating in competitive games</p>	<p>Lessons delivered by qualified swimming instructors at Ashbourne Leisure Centre.</p>	<p>Lessons delivered by qualified swimming instructors at Ashbourne Leisure Centre.</p>



HPA PE Parent Overview



Years 5/6 – Cycle B						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Football Swimming	Basketball Swimming	Sports hall athletics Swimming	Cricket Swimming	Rounders Dance: Carnival	Game sense: Net/wall Gymnastics: Flight
Area of Study	Refine dribbling and passing to maintain possession Introduce and develop defending Develop shooting Refine attacking skills, passing, dribbling and shooting, introduce officiating	Consolidate dribbling Develop marking Develop shooting Refine attacking skills Refine defending skills	Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the Hurdles	Refine batting, batting and bowling tactics Refine fielding stopping, catching and throwing Combine bowling and fielding creating and applying tactics Introduce umpiring and scoring	Develop fielding tactics maximising players Understand what happens if the batter misses the ball Refine fielding tactics, what players where? Applying tactics in mini games	Introduce backhand shots with a racket and a net Applying using both hands/backhands and forehand shots in game situations Introduce the volley Controlling the game from the serve
	Lessons delivered by qualified swimming instructors at Ashbourne Leisure Centre.	Lessons delivered by qualified swimming instructors at Ashbourne Leisure Centre.	Lessons delivered by qualified swimming instructors at Ashbourne Leisure Centre.	Lessons delivered by qualified swimming instructors at Ashbourne Leisure Centre.	Exploring the Greeks using compositional principles Extending sequences with a partner using compositional principles Creating movement using improvisation where movement is reactive	Introduction to Flight: Developing Jumping Developing Flight: Jumping and Turning Application of 'Jumping,' learning, onto apparatus Combining jumping on apparatus with Canon and Unison



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Safeguarding considerations	<p>Across all activities (ball skills, gymnastics, dance and locomotion), safeguarding focuses on ensuring a safe environment, appropriate supervision and clear behaviour expectations.</p> <p>Key Safeguarding Measures:</p> <ul style="list-style-type: none">• Ensure all equipment is age-appropriate, well-maintained and checked before use.• Use soft, lightweight equipment where possible to reduce injury risk.• Clearly define boundaries and safety zones to prevent collisions.• Teach and reinforce safe handling of equipment (e.g. no swinging bats/rackets near others).• Provide close supervision, especially during gymnastics and activities involving height, balancing or jumping.• Use mats where necessary and teach safe landing techniques.• Check floors and surfaces for slip or trip hazards.• Establish clear start/stop signals and simple safety rules.• Promote awareness of personal space during partner and group work.• Ensure any physical contact (e.g. in dance or support in gymnastics) is appropriate and in line with school policy. <p>Overall, safeguarding should prioritise risk assessment, active supervision, clear instruction and fostering a safe, respectful learning environment at all times.</p>
British Values	<p>Mutual Respect: Taking turns and working fairly in small games.</p> <p>Rule of Law: Following game rules.</p> <p>Individual Liberty: Choosing how to move and control equipment like balls, or movements within a dance sequence, for example.</p> <p>Tolerance: Encouraging and supporting others' attempts.</p>