

UCAT P.E Overview 24/25

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS Nursery and Reception	Spatial Awareness	Movement and Balance	Hand eye Co- ordination (Dribbling)	Sending / Throwing (Balls & Beanbags)	Stopping / Catching	Sports day practice
Skills	<ul style="list-style-type: none"> • Awareness of People • Awareness of Space • Awareness of the area 	<ul style="list-style-type: none"> • Changing direction • Co-ordination • Changing levels • Speeding up • Slowing down 	<ul style="list-style-type: none"> • Moving hands/feet to objects • Tracking the object (Eyes) • Contact with object • Dribbling equipment 	<ul style="list-style-type: none"> • Rolling • Throwing Underarm • Throwing overarm 	<ul style="list-style-type: none"> • Tracking the ball (Hands) • Moving to the ball • Body behind the ball 	<ul style="list-style-type: none"> • Running • Throwing • Catching • Competitive games / Personal best
Year 1 & 2 (session 1)	Hockey	Handball – Sport specific skills	Gym – Sport specific skills	Football – Sport specific skills	Athletics	Cricket – Sport specific skills
Incremental Skills	<ul style="list-style-type: none"> • Dribbling • Passing • Shooting • Attacking • Defending 	<ul style="list-style-type: none"> • Dribbling • Catching • Passing • Attacking • Defending 	<ul style="list-style-type: none"> • Travelling • Landing • Jumping 	<ul style="list-style-type: none"> • Dribbling • Turning • Passing 	<ul style="list-style-type: none"> • Running • Jumping • Throwing • Sprinting 	<ul style="list-style-type: none"> • Stopping the ball • Catching • Batting
Year 1 & 2 (session 2)	Netball – Sport specific skills	Basketball – Sport specific skills	Tag Rugby – Sport specific skills	Problem Solving (OAA)	Lesson Catch up	Tennis – Sport specific skills
Incremental Skills	<ul style="list-style-type: none"> • Handling • Passing • Creating Space 	<ul style="list-style-type: none"> • Handling • Passing • Creating space 	<ul style="list-style-type: none"> • Handling • Passing 	<ul style="list-style-type: none"> • Learning to navigate • Map reading • Teamwork/communication 	<ul style="list-style-type: none"> • Use this time to catch up on any topics missed 	<ul style="list-style-type: none"> • Footwork • Hand eye Co-ordination • Forehand – Accuracy

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			<ul style="list-style-type: none"> Running with the ball 			<ul style="list-style-type: none"> Forehand
Year 3/4/5/6 (Session 1)	Hockey	Handball	Gym	Football	Athletics	Cricket
Incremental Skills	<ul style="list-style-type: none"> Dribbling Passing Shooting Attacking Defending 	<ul style="list-style-type: none"> Dribbling Catching Passing Attacking Defending 	<ul style="list-style-type: none"> Travelling Landing Jumping Turning 	<ul style="list-style-type: none"> Dribbling Passing Shooting Attacking Defending 	<ul style="list-style-type: none"> Running Jumping Throwing Sprinting 	<ul style="list-style-type: none"> Fielding – Catching Fielding – Throwing Bowling Batting
Year 3/4/5/6 (Session 2)	Netball	Basketball	Tag Rugby	Outdoor Adventurous Activities (OAA)	Lesson Catch up	Tennis
Incremental Skills	<ul style="list-style-type: none"> Catching Passing Creating Space Attacking Defending 	<ul style="list-style-type: none"> Dribbling Catching Passing Attacking Defending 	<ul style="list-style-type: none"> Handling Passing Tackling / tagging Attacking Defending 	<ul style="list-style-type: none"> Advanced map reading Learning to navigate Teamwork Communications Drawing a map Retrieval 	<ul style="list-style-type: none"> Use this time to catch up on any topics missed 	<ul style="list-style-type: none"> Footwork Forehand – Accuracy Forehand – Control Backhand Serve Rally