

PE Overview

	Aut 1	Aut 2 (KS1 Play)	Spr 1	Spr 2	Sum 1	Sum 2
Year R	Body Management	Cooperation and Solve Problems	Manipulation and Coordination	Dance	Speed, Agility and Travel	KS1 Foundations
Year 1	Health & Well being (6 weeks)	Dance (6 weeks)	Gymnastics (12 weeks)	Gymnastics cont. (12 weeks)	Locomotion (12 weeks)	Locomotion cont. (12 weeks)
	Ball Skills – sending & receiving (12 weeks)	Ball Skills – sending & receiving cont. (12 weeks)	Ball Skills – pushing and striking (6 weeks)	Dance – my moves, my journey (6 weeks)	Outdoor Adventurous (12 weeks)	Outdoor Adventurous cont. (12 weeks)
Year 2	Ball Skills (12 weeks)	Ball Skills cont. (12 weeks)	Health & well being (6 weeks)	Dance – my world (6 weeks)	Locomotion cont. (12 weeks)	Swimming
	Gymnastic (12 weeks)	Gymnastic cont. (12 weeks)	Ball Skills: hitting and striking (6 weeks)	Locomotion (12 weeks)	Swimming	Outdoor Adventurous (12 weeks)
Year 3	Dance (12 weeks)	Dance cont. (12 weeks)	Gym (12 weeks)	Gym cont. (12 weeks)	Athletic (6 weeks)	Striking & fielding (6 weeks)
	Invasion Games – Principals (6 weeks)	Invasion Games – netball (6 weeks)	Swimming	Swimming	Net & wall Games (6 weeks)	Outdoor Adventurous (6 weeks)
Year 4	Dance (12 weeks)	Invasion – maintaining possession (6 weeks)	Invasion – Basketball (6 weeks)	Health & well being (6 weeks)	Athletics (6 weeks)	Striking & fielding (6 weeks)
	Swimming	Swimming	Gymnastics (12 weeks)	Gymnastics cont. (12 weeks)	Net & wall – Pickleball (6 weeks)	Outdoor Adventurous (6 weeks)
Year 5	Invasion – shooting & Scoring (6 weeks)	Invasion – hockey (6 weeks)	Health & Well being (6 weeks)	<i>Fitness</i>	Athletic (6 weeks)	Striking & fielding (6 weeks)
	Gymnastics – Counter Balances (6 weeks)	Gymnastics – Flight (6 weeks)	Dance (12 weeks)	Dance cont. (12 weeks)	Net & wall – tennis (6 weeks)	Outdoor Adventurous (6 weeks)
Year 6	Invasion Games – Tag Rugby (6 weeks)	Invasion Games – tactics (6 weeks)	Net 7 Wall – Badminton (6 weeks)	Health & well being (6 weeks)	Athletics (6 weeks)	Striking & fielding (6 weeks)
	Dance (12 weeks)	Dance cont. (12 weeks)	Gymnastic (6 weeks)	Parkour (6 weeks)	<i>Fitness</i> (6 weeks)	Outdoor Adventurous (6 weeks)