

P.E. Overview - with links to Complete PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Fundamental ABC	Dance Moving to music	Gymnastics High, Low, Over, Under	Games Hands 1	Locomotion Walking	Team Games
Reception	Locomotion Walking/jumping	Dance Ourselves	Gymnastics Moving	Games Hands 2	Games Feet	Games Attack vs Defence Games for Understanding
Year 1.1	Games Ball Skills Hands 1 & 2	Dance Growing	Gymnastics Body Parts	Games Feet	Locomotion Running	Games Attack vs Defence Games for Understanding
Year 1.2	Games Ball Skills Hands 1 & 2	Health and Wellbeing	Water Safety	Application of Feet skills into games	Team building	Application of skills in game
Year 2.1	Games Ball Skills Hands 1 & 2	Dance Explorers	Gymnastics Linking Movements	Games Feet	Locomotion Jumping	Games Attack vs Defence Games for Understanding
Year 2.2	Games Ball Skills Hands 1 & 2	Health and Wellbeing	Water Safety	Application of Feet skills into game	Team Building	Application of skills in games
Year 3.1	Swimming 3W Gymnastics - Symmetry & Asymmetry	Swimming 3W Dance Weather	3W - Fri swimming X 4 weeks Rest of half term - Gymnastics Symmetry & Asymmetry 3G class - Swimming (Fri) from week 5 + (Wed)	Dance Weather 3G Swimming (Fri & Wed)	Athletics Throwing, Running, Jumping Swimming for those who are close to achieving 25m.	Games Focus Invasion - Tag Rugby Swimming for those who are close to achieving 25m.

Year 3.2	Games focus Striking and fielding Cricket	Games Focus Invasion Games Hockey	Health and Wellbeing Mindfulness	Games Focus Net and wall Tennis	Outdoor and Adventurous: Problem Solving	Application of Rugby skills in game
Year 4.1	Athletics	Dance Cats	Gymnastics Bridges	Games Invasion Games Rugby	Games Striking and Fielding Cricket	Games Invasion Games Netball
Year 4.2	Outdoor and Adventurous: Orienteering	Health and Wellbeing Mindfulness	Water Safety	Application of Rugby skills in game	Application of skills in Cricket game	Application of Netball skills in game
Year 5.1	Games Invasion Games Rugby	Dance Greeks	Gymnastics Counter balance and counter tension	Games Invasion Games Hockey	Games Net and Wall Games Tennis	Athletics
Year 5.2	Application of Rugby skills in game	Health related exercise	Water Safety	Application of Hockey skills in game	Application of Tennis skills in game	Outdoor and Adventurous: Communication and tactics
Year 6.1	Games Invasion Games Rugby	Dance Circus	Gymnastics Matching and mirroring	Games Striking and Fielding Games Cricket	Games Invasion Games Netball	Athletics Competition Unit
Year 6.2	Application of Rugby skills in game	Health related exercise	Water Safety	Application of Cricket skills in game	Application of Netball skills in game	Outdoor and Adventurous: Leadership