PE Overview

	Autumn Term		Spring Term		Summer Term	
Year 1	Tag rugby	Basketball	Dance	Gymnastics	Athletics	Tennis
	OAA	Football	Fitness	Handball	Dodgeball	Cricket
Year 2	Tag rugby	OAA	Dance	Gymnastics	Dodgeball	Tennis
	Football	Basketball	Fitness	Handball	Athletics	Cricket
Year 3	Netball	OAA	Dance	Gymnastics	Tennis	Athletics
	Tag rugby	Football	Handball	Fitness	Cricket	Rounders
Year 4	Tag rugby	OAA	Gymnastics	Dance	Dodgeball	Rounders
	Netball	Football	Fitness	Handball	Athletics	Cricket
Year 5	OAA	Football	Swimming	Swimming	Tennis	Cricket
	Netball	Hockey	Dance	Gymnastics	Athletics	Rounders
Year 6	Swimming	Swimming	Gymnastics	OAA	Tennis	Rounders
	Netball	Football	Dance	Hockey	Cricket	Athletics
	Units may appear in different terms dependent on cohort, events and competitions					

Invasion Games	Net & Wall Games	Striking & Fielding	Athletics	Gymnastics	Dance	Fitness/Target	OAA	Swimming and water safety

Fundamentals

EYFS	• Negotiate space and obstacles safely with consideration for themselves and others. • Demonstrate strength, balance and coordination such as stability, standing, lying, sitting, static balance, pivoting, twisting, stretching • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. • Demonstrate fundamental movements such as reaching, grasping, gripping, lifting, carrying, send, receive, bounce, roll. dribble, kick
Year 1 & 2	• Master basic movements including running, jumping, throwing and catching as well as developing balance, agility and co-ordination, beginning to apply these in a range of activities • Participate in team games, developing simple tactics for attacking and defending • Perform dances using simple movement patterns
Year 3 & 4	• Use running, jumping, throwing and catching in isolation and in combination • Play competitive games, modified where appropriate (e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis) applying basic principles suitable for attacking and defending. • Develop flexibility, strength, technique, control and balance (e.g. through athletics and gymnastics) • Perform dances using a range of movement patterns • Take part in outdoor and adventurous activity challenges both individually and within a team • Compare their performances with previous ones and demonstrate improvement to achieve their personal best
Year 5 & 6	• Use running, jumping, throwing and catching in isolation and in combination • Play competitive games, modified where appropriate (e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis) applying basic principles suitable for attacking and defending. • Develop flexibility, strength, technique, control and balance (e.g. through athletics and gymnastics) • Perform dances using a range of movement patterns • Take part in outdoor and adventurous activity challenges both individually and within a team • Compare their performances with previous ones and demonstrate improvement to achieve their personal best • Perform safe self-rescue in different water based situations