



## Whole school PE overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<b>Multi Skills</b> – movement fundamentals, rolling and receiving, bouncing a ball, catching, underarm throw, overarm throw.	<b>Striking and fielding</b> – batting, overarm throw, underarm bowling, cricket batting, cricket bowling, games.	<b>Gymnastics</b> – movement and travelling, balance, gymnastic shapes, rolling, jumps and landing, sequence development	<b>Outdoor and Adventure</b> – exploration and discovery, communication and teamwork, cross country running, nature trail, introduction to orienteering.	<b>Rounders</b> – fielding and catching, throwing skills, batting skills, fielding skills competition.	<b>Tennis</b> – fundamental movements, bat and ball familiarisation, striking, forehand and backhand, fun tennis games, games. <b>Athletics</b> – skipping, running, jumping, obstacle course, throwing.
Year 1	<b>Invasion Games</b> – passing through basketball, travelling skills, game play through Basketball, passing & rules through Football, defending through Football, dodging through dodgeball.  <b>Multi Skills</b> – movement fundamentals, rolling and receiving, bouncing a ball, catching, underarm throw, overarm throw	<b>Tag Rugby</b> – passing and moving, passing & carrying, dodging & marking, tagging, game play.  <b>Netball</b> – passing & catching, passing, footwork, shooting, marking & defending	<b>Gymnastics</b> – movement & travelling, body control, balance & landing, shapes & jumps, rolling, sequence development.  <b>Cricket</b> - batting, bowling, fielding, game play	<b>Outdoor and Adventure</b> - exploration and discovery, communication and teamwork, cross country running, nature trail, introduction to orienteering  <b>Dance</b> - linked to curriculum learning	<b>Athletics</b> - understanding athletics, throwing, running, jumping, hurdles, athletics festival  <b>Rounders</b> – fielding and catching, throwing skills, batting skills, fielding skills competition.	<b>Tennis</b> - fundamental movements, bat and ball familiarisation, striking, forehand and backhand, fun tennis games, games.  <b>Athletics</b> -
Year 2	<b>Invasion Games</b> – passing through basketball, travelling skills, game play through Basketball, passing & rules through Football, defending through Football, dodging through dodgeball  <b>Multi Skills</b> – movement fundamentals, rolling and	<b>Tag Rugby</b> – passing and moving, passing & carrying, dodging & marking, tagging, game play.  <b>Hockey</b> – stick and ball control, passing and dribbling, rules, game play, speed and control	<b>Gymnastics</b> - movement & travelling, body control, balance & landing, shapes & jumps, rolling, sequence development.  <b>Cricket</b> - batting, bowling, fielding, game play	<b>Outdoor and Adventure</b> - exploration and discovery, communication and teamwork, cross country running, nature trail, introduction to orienteering  <b>Dance</b> – linked to curriculum learning	<b>Athletics</b> - understanding athletics, throwing, running, jumping, hurdles, athletics festival  <b>Rounders</b> – fielding and catching, throwing skills, batting skills, fielding skills competition.	<b>Tennis</b> - fundamental movements, bat and ball familiarisation, striking, forehand and backhand, fun tennis games, games.  <b>Athletics</b> –

	receiving, bouncing a ball, catching, underarm throw, overarm throw					
Year 3	<p><b>Hockey</b> - stick and ball control, passing and dribbling, rules, game play, speed and control</p> <p><b>Netball</b> – passing and catching, footwork, shooting, marking and defending.</p>	<p><b>Basketball</b> - ball handling skills, dribbling and control, passing and receiving, shooting, offence &amp; defence.</p> <p><b>Dodgeball</b> – dodging, catching, agility, throwing, tactics, game play.</p>	<p><b>Gymnastics</b> - travel, balance and jumps, rolls and sequence development, performance on apparatus.</p> <p><b>Invasion Games</b> - passing skills, travelling, game play, attacking/defending</p>	<p><b>Tag Rugby</b> - passing and moving, passing and carrying, dodging, tagging, game play.</p> <p><b>Dance</b> - Use a variety of movements in isolation and combination Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns</p>	<p><b>Football</b> – dribbling, ball control, passing, defending, shooting, game play.</p> <p><b>Tennis</b> - forehand shot, backhand shot, volley, serve, match play.</p>	<p><b>Athletics</b> - throwing, jumping for distance, jumping for height, relays.</p> <p><b>Rounders</b> – catching, throwing, batting, fielding, game play.</p>
Year 4	<p><b>Hockey</b> – stick and ball control, passing and dribbling, rules, game play, speed and control.</p> <p><b>Netball</b> - passing and catching, footwork, shooting, marking and defending.</p>	<p><b>Basketball</b> - ball handling skills, dribbling and control, passing and receiving, shooting, offence &amp; defence.</p> <p><b>Dodgeball</b> – dodging, catching, agility, throwing, tactics, game play.</p>	<p><b>Gymnastics</b> - travel, balance and jumps, rolls and sequence development, performance on apparatus</p> <p><b>Invasion Games</b> – passing skills, travelling, game play, attacking/defending</p>	<p><b>Tag Rugby</b> - passing and moving, passing and carrying, dodging, tagging, game play.</p> <p><b>Dance</b> – Electricity. Use various movements in isolation and combination. Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns</p>	<p><b>Tri Golf</b> - direction control, distance control, using different clubs, club selection, skills festival</p> <p><b>Cricket</b> - batting, bowling, fielding, game play.</p>	<p><b>Athletics</b> - throwing, jumping for distance, jumping for height, relays.</p> <p><b>Rounders</b> - catching, throwing, batting, fielding, game play.</p>
Year 5	<p><b>Hockey</b> – dribbling and control, passing, understanding the rules, tackling and shooting, defending and attacking, game play.</p>	<p><b>Basketball</b> - ball handling skills, dribbling and control, passing and receiving, shooting, offence &amp; defence.</p>	<p><b>Gymnastics</b> - travel and balance, rolls and sequence development, shapes and jumps, rhythmic gymnastics, strength and conditioning.</p>	<p><b>Dance</b> – Vikings. Use a variety of movements in isolation and combination Develop flexibility, strength, technique, control and balance. Perform dances</p>	<p><b>Swimming</b></p> <p><b>Outdoor and Adventure</b> - exploration and discovery, communication and teamwork, cross country</p>	<p><b>Athletics</b> – introduction to athletics, throwing, jumping for distance, jumping for height, relays.</p> <p><b>Rounders</b> - batting, bowling, fielding, game play.</p>

	<b>Netball</b> - passing, footwork, creating space, shooting, developing game play, mini tournament.	<b>Dodgeball</b> - dodging, catching, agility, throwing, tactics, game play.	<b>Tennis</b> – forehand shot, backhand shot, volley, serve match play.	using a range of movement patterns <b>Tri Golf</b> - direction control, distance control, using different clubs, club selection, skills festival.	running, nature trail, introduction to orienteering	
Year 6	<b>Basketball</b> - ball handling skills, dribbling and control, passing and receiving, shooting, offence & defence. <b>Dodgeball</b> – dodging, catching, agility, throwing, tactics, game play.	<b>Hockey</b> – dribbling and control, passing, understanding the rules, tackling and shooting, defending and attacking, game play. <b>Netball</b> - passing, footwork, creating space, shooting, developing game play, mini tournament.	<b>Dance</b> - Use a variety of movements in isolation and combination Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns <b>Invasion Games</b> – passing skills, travelling, game play, attacking/defending	<b>Gymnastics</b> – travel and balance, rolls and sequence development, shapes and jumps, rhythmic gymnastics, strength and conditioning. <b>Tri Golf</b> - direction control, distance control, using different clubs, club selection, skills festival.	<b>Cricket</b> – batting, bowling, fielding, game play. <b>Tennis</b> - forehand shot, backhand shot, volley, serve match play.	<b>Athletics</b> - introduction to athletics, throwing, jumping for distance, jumping for height, relays. <b>Swimming</b>