



Long Term Overview: PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS1	Travelling in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping		Travelling around, under, over and through balancing and climbing equipment	Negotiating space Racing and chasing games Speed and direction	Pushing, patting, throwing, catching and kicking	Children participate in sports day activities
FS2	Dance – On parade	Gymnastics – Fun Gym Shapes	Games – Fundamentals Unit 1	Games – Fundamentals Unit 2	Athletics	Athletics
Year 1	Gymnastics – Jumping Jacks Fundamentals Unit 1	Dance – Moving Words Brain Games	Gymnastics – Rock & Roll OAA – Trails, Trust and Teamwork	Dance – Weather Ball Handling Skills	Fundamentals Unit 2	Fundamentals Unit 3 Ball on floor Skills
Year 2	Gymnastics – Points of contact Ball Handling Skills	Dance – Great fire of London Fundamentals Unit 1	Swimming Gymnastics – Ball, Tall and Wall	Swimming Dance – Magical Friendships	Fundamentals Unit 2 Ball on floor Skills	
Year 3	Gymnastics – Patterns and Pathways Games – Ball Handling Skills	Dance – Solar System Invasion Games - Handball	Gymnastics – Hand Apparatus OAA – Co-operation, Communication and Consideration	Dance – Machines	Athletics – Challenges Games – Tennis	Striking, Fielding Games
Year 4	Gymnastics – Principles of Balance Invasion Games – Ball on the ground	Dance – Cold Places	Swimming Gymnastics – Rotation	Swimming Dance – Rugby and the Haka	Athletics – Pentathlon	Net Games
Year 5	Gymnastics – Pair Composition Games – Netball	Dance – On the Beach Invasion Games – Football	Gymnastics – Press and Go OAA – Co-operation, Communication and Consideration	Dance – Dance Styles	Athletics – Heptathlon	
Year 6	Swimming Gymnastics – Body Symmetry	Swimming Dance – Football	Gymnastics – Group Work Invasion Games – Hockey	Dance – Why Bully Me	Athletics – Decathlon	Invasion Games – Tag Rugby