

PE OVERVIEW

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Large muscle movements (trim trail/bikes)	Strengthen large muscle groups (gym-rolls)	Combine movements (throw/catch/gym)	Refine skills (throw/catch/kick/pass/aim)	Play co-operative games using skills	Athletic sports
Year 1	Yoga & Fundamental movement skills	Gymnastics & Object control	Net & wall games and invasion game skills	Invasion games & fundamental movement skills	Striking and field games	Athletics and target games
Year 2	Gymnastics pathways & target games	Yoga & sport challenges	Gymnastics, stretching curling & arching and fundamental movement skills	Dance and invasion games	Striking and fielding games & gymnastics	Athletics & net and wall games
Year 3	Tag rugby & Gymnastics	Hockey & Dance	Football & health related fitness	Netball & gymnastics	Cricket & rounders	Athletics & Tennis
Year 4	Tag rugby & Gymnastics	Hockey & Dance	Football & health related fitness	Netball & gymnastics	Cricket & rounders	Athletics & Tennis
Year 5	Tag rugby & Gymnastics	Netball & dance	Football & health related fitness	Hockey & flag football	Cricket & rounders	Athletics & Tennis
Year 6	Tag rugby & Gymnastics	Netball & dance	Football & health related fitness	Hockey & flag football	Cricket & rounders	Athletics & Tennis