

## PE Overview 2023-2024

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
<b>Year 1</b>	<b>Basic Skills</b> Master basic movements e.g. run, hop, skip, jump.	<b>Basic skills</b> Throwing and catching skills.	<b>Gymnastics</b> Balance and coordination, individually and with others.	<b>Basic Skills</b> Self-competition/circuit hop, jump, bounce a ball (how many times in a minute etc.)	<b>Dance</b> Topic related. Perform a dance using simple movement patterns.	<b>Games</b> Team games 2 x 2	<b>Games</b> Attacking and defending tactics for games.	<b>Gymnastics</b> Using equipment to balance.	<b>Games</b> Team games basic rules e.g. tennis.	<b>Athletics</b> Running, jumping etc.	<b>Athletics</b> Key athletic skills.	<b>Games</b> Team games basic rules.
<b>Year 2</b>	<b>Basic Skills</b> Striking and fielding.	<b>Basic skills</b> Develop fundamental movements e.g. run, hop, skip, jump.	<b>Gymnastics</b> Positions, rolling, balancing, short sequences.	<b>Dance</b> Topic related. Perform a dance using simple movement patterns.	<b>Dance</b> Topic related. Perform a dance using simple movement patterns.	<b>Basic Skills</b> Hitting a target.	<b>Games</b> Attacking and defending tactics for games.	<b>Gymnastics</b> Link combinations of gymnastic actions, body shapes and balances with control including partner work.	<b>Games</b> Team games basic rules e.g. cricket.	<b>Athletics</b> Throwing for distance, relay etc.	<b>Athletics</b> Key athletic skills.	<b>Games</b> Team games basic rules.
<b>Year 3</b>	Football	Circuit	<b>Gymnastics</b> Linking floor actions.	Badminton	Dance	Circuit	Basketball	Tag Rugby	OAA	Athletics	Cricket	Hockey
<b>Year 4</b>	Football	Circuit	<b>Gymnastics</b> Linking floor and apparatus actions.	Hockey	Dance	Circuit	Basketball	Tag Rugby	OAA	Athletics	Tennis	Rounders
							Swimming					
<b>Year 5</b>	Football	Circuit	<b>Gymnastics</b> Linking floor actions partner.	Badminton	Tag Rugby	Circuit	Dance	Hockey	OAA	Athletics	Cricket	Basketball
									Swimming			
<b>Year 6</b>	Football	Circuit	<b>Gymnastics</b> Linking floor actions group.	Hockey	Tag Rugby	Circuit	Dance	Basketball	OAA	Athletics	Tennis	Rounders

<u>Key</u>	
	<u>Villa</u>
	<u>Teacher</u>