



PE Overview

	Autumn	Spring	Summer
EYFS - N	Fundamentals: Unit 1 Balancing, running, changing direction, jumping, hopping and travelling.	Gymnastics: Unit 1 Create shapes, balances and jumps. Develop rocking and rolling.	Games: Unit 1 Learn how to score and play by rules.
EYFS - R	Fundamentals: Unit 2 Develop gross and fine motor skills through handling equipment.	Gymnastics: Unit 2 Basic skills on floor and apparatus.	Games: Unit 2 Work as a team, take turns, keep the score, play against an opponent and by the rules.
Y1	Ball Skills Throwing, catching, rolling and dribbling with both feet and hands. Dance Travelling actions, movement skills and balancing.	Gymnastics Jumping, rolling, balancing and travelling in combination to create movement sequences. Target Games Understand principles of defending and attacking.	Sending and Receiving Sending and receiving skills including throwing, catching, rolling, kicking, tracking and stopping a ball. Athletics Running at different speeds, changing direction, jumping and throwing.
Y2	Sending and Receiving Sending and receiving skills including throwing, catching, rolling, kicking, tracking and stopping a ball. Dance Explore space and how their body can move to express an idea, mood, character and feeling.	Gymnastics Explore basic gymnastic actions on the floor and using apparatus. Team Building Develop key skills of communication and problem solving.	Net and Wall Games Attacking and defending principles in net games. Athletics Performing skills and measuring performance, competing to improve on their own score and against others.
Y3	Gymnastics Develop sequence work, collaborate with others to use matching and contrasting actions/ shapes. Ball Skills Develop tracking a ball when dribbling with hands, feet, throwing, catching and kicking.	OAA Develop problem solving skills through a range of challenges. Tag Rugby Participate in team games, developing simple tactics for attacking and defending.	Rounders Understand the principles of striking and fielding. Athletics Develop basic running, jumping and throwing techniques.
Y4	Dance Use movement to explore and communicate ideas. Develop confidence to perform. Handball Develop an understanding of the attacking and defending	Ball Skills Develop accuracy and consistency when tracking a ball. Explore a variety of throwing techniques. Tag Rugby Participate in team games, developing simple tactics for attacking and defending.	Swimming Perform safe self-rescue in different water-based situations Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke
Y5	Swimming Perform safe self-rescue in different water-based situations Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively, for example, front	Gymnastics Develop balancing, rolling, jumping, and inverted movements. Badminton Use skills including running, jumping, throwing and catching in isolation and in combination. To develop, strategies and tactics to outwit their opponent.	Netball Develop understanding of attacking and defending principles of an invasion game. Athletics Set challenges for distance and time that involve different styles and combination of running, jumping and throwing.
Y6	Tennis Develop an understanding of a net/wall game and develop skills, tactics and strategies to outwit their opponent. Dance Develop an idea or theme into dance choreography.	Handball Develop an understanding of the attacking and defending principle of an invasion game. Volleyball Develop an understanding of skills, strategies and tactics of a net/wall game.	OAA Develop map reading skills, lead groups and utilise negotiation skills. Athletics Set challenges for distance and time that involve different styles and combination of running, jumping and throwing.

