

Physical Education Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	<ul style="list-style-type: none"> • Develop movement, balancing, riding and ball skills • Skip, Hop, stand on one leg • Use large muscle movements • Begin to remember patterns of movement • Match their developing physical skills to activities 					
Reception	<ul style="list-style-type: none"> • Revise and refine fundamental movement skills; rolling, crawling, walking, jumping, running, hopping, skipping, climbing • Progress towards a more fluent style of moving • Develop overall body strength, co-ordination, balance and agility • Combine different movements with ease and fluency • Confidently and safely use a range of large and small apparatus • Further develop and refine a range of ball skills • Develop confidence, competence, precision and accuracy in activities involving a ball <p>ELG:</p> <ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others • Demonstrate strength, balance and coordination when playing • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing 					

Year 1	Fundamental movement skills 1	Dance - Fire of London	Gymnastics - Wide, Narrow	Invasion Games Skills 1	Locomotion 2	Yoga
	Invasion Games Skills 1	Striking and Fielding Game skills 1	Object Manipulation 2	Gymnastics - Pathways - small and long	Net and wall Game Skills 1	Net and Wall Games Skills 1
Year 2	Fundamental Movement Skills 2	Dance - Fire of London	Fundamental Movement Skills 3	Dance - Minibeasts	Net and Wall Game Skills 2	Athletics 2
	Gymnastics - Pathways straight, zigzag and curving	Target Games 3	Gymnastics - Spinning, turning and twisting	Invasion Games 3	Yoga	Striking and Field Game Skills 2
Year 3	Yoga	Netball	Dance - Romans	Health related fitness	Athletics	Dance - Space
	Tag Rugby (B) Boxing (A)	Tag Rugby (A) Boxing (B)	Boxing (A) Hockey	Boxing (B) Hockey	Boxing (A) Gymnastics - Symmetry and Asymmetry (partners)	Cricket Boxing (B)
	Netball	Gymnastics - Arching and Bridges	Yoga	Swimming	Swimming	Dance - Dance around the world

Year 4						
	Invasion Game Skills 3	Dodgeball	Basketball	Dance Romans	Flag Football	Swimming
Year 5	Gymnastics - Matching, mirroring and moving	Lacrosse	Gymnastics - Synchronisation and canon	Yoga	Athletics	Rounders
	Outdoor Adventure (3 weeks) Orienteering 3 weeks	Netball	Health related fitness	Outdoor Adventure	Basketball	Dodgeball
Year 6	Lacrosse	Gymnastics - Counter Balance and tension	Tag Rugby	Health related fitness	Gymnastics - Group Sequencing	Tennis
		Yoga	Handball	Dodgeball	Cricket	Outdoor Adventure