

## Physical Education Overview

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

Year 1	Fundamental movement skills 1	Dance - Fire of London	Gymnastics - Wide, Narrow	Invasion Games Skills 1	Locomotion 2	Yoga
	Forest School/ outdoor and adventure	Forest school/Outdoor adventure	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	Forest school/Outdoor adventure	Dance - Minibeasts	Net and Wall Game Skills 2	Athletics 2
	Gymnastics - Pathways straight, zigzag and curving	Target Games 3	Gymnastics - Spinning, turning and twisting	Forest school/Outdoor adventure	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)
Year 4	Netball	Yoga	Health related fitness	Swimming	Swimming	Dance - Dance around the world

	Invasion Game Skills 3	Dodgeball	Basketball	Dance Romans	Flag Football	Swimming
Year 5	Gymnastics - Matching, mirroring and moving	Lacrosse	Gymnastics -	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	Dodgeball	Cricket	Outdoor Adventure