

PE subject overview

	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Rec	Introduction Unit - Gymnastics Multi-skills: Basic Motor Skills (1-5)	Multi-skills: Co- ordination and control (1-5) Dance – Thematic approach	Gymnastics – Stretching & Curling Dance – Story book approach	Multi-skills: Spatial Awareness (1-5) Gymnastics – Travelling using different body parts	Dance – Storybook approach Multi-skills: Aiming/ Predicting/ Estimating	OAA Athletics (2 running, 2 jumping, 2 throwing)
1	Gymnastics- points and patches OAA (forest school)	Dance- story book Multi Skills- sending and receiving (large ball) *next year swap	Fundamental skills * next year swap Dance- thematic approach	Yoga Multi Skills- Aiming games	Athletics Gymnastics: rocking and rolling	Athletics Multi skills- Bat and ball skills
2	Gymnastics Parts high, parts low Multi Skills- Throwing and catching	Multi skills- hitting and kicking Gymnastics- pathways	Dance- country dancing Multi skills - aiming	OAA (forest school) Fitness	Athletics unit 1 Multi Skills- group games and inventing rules.	Athletics unit 2 Dance- unit 3b The three little pigs?? Creativity?

3	Gymnastics- stretching and curling Invasion games: Netball/ handball/ basketball	Gymnastics- symmetry and asymmetry Dance- Language of dance Unit 1	Games: Target games New age kurling and boccia Invasion games Football/ hockey	Dance- The explorers Unit 2 or thematic Target games Tri golf and archery	OAA (forest school) Athletics unit 1	Athletics 2 run, 2 jump, 2 throw Net/wall games Tennis and volleyball?
4	Gymnastics- balance Invasion games: Tag rugby	OAA (forest school) Dance- thematic approach	Swimming Gymnastics: receiving body weight	Swimming Dance: electricity	Athletics Games Activities: problem and inventing games Unit 2	Athletics Striking and fielding- cricket and rounders
5	Swimming/Fitness Netball	Swimming/Indoor athletics Football	OAA (forest school) Gymnastics: bridges	Dance: Volcanoes Unit 4 or thematic Handball	Athletics Rounders	Athletics Tri golf
6	Swimming/Fitness Gymnastics: matching and mirroring	Swimming/Indoor athletics Football (Harriers)	Dance: traditional and country Tag rugby	Hockey Cricket	Athletics Tennis	Athletics OAA (forest school and residential) and Orienteering