



ST. ALDHELM'S VA CHURCH PRIMARY SCHOOL
Learning together for Life in all its Fullness - John 10:10



PE Yearly Overview – Current – 2021-2022

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Dance – nursery rhymes	Locomotion 1	Invasion Games Skills - 1	Net and wall game skills - 1	Striking and fielding Game – Skills 1	Athletics 1
EYFS	Fundamental Movement Skills 1	Target Games 1	Gymnastics – Rocking and rolling	Gymnastics – Flight, bouncing, jumping, landing	Stability 2 – (static and dynamic balance)	Yoga
Year 1	Fundamental Movement Skills 1	Dance – Fire of London	Fundamental Movement Skills 3	Invasion Game skills 1	Striking and fielding game – Skills 1	Athletics 2
Year 1		Fundamental Movement Skills 2	Gymnastics - Balancing & spinning on point and patches	Gymnastics - Wide, narrow and curled rolling and balancing	Target games - 2	Net and Wall Games skills 1
Year 2	Fundamental movement skills 2	Invasion Games skills 2	Fundamental movement skills 2	Target Games - 3	Striking and fielding games – Skills 2	Athletics - 2
Year 2	Yoga	Gymnastics - Pathways, Straight, zigzag and curving	Dance – Minibeasts	Gymnastics - Spinning, turning, twisting	Dance – Animals	Net and wall game – Skills 2
Year 3	Handball	Health related Fitness	Social Distance 1	Football	Tennis	QAA
Year 3	Invasion Games Skills 3	Tag Rugby	Dance - Egyptians	Athletics	Rounders	Cricket
Year 4	Yoga	Health related Fitness	Gymnastics – Arches and Bridges	Create own	QAA	Tennis
Year 4	QAA	Dodgeball	Dance - Space	Create own	Rounders	Athletics
Year 5	Yoga	Health related Fitness	Create own	Dance – WW2	QAA	Tennis
Year 5	Team building and Problem solving	Dodgeball	Create own	Ultimate Frisbee	Rounders	Athletics
Year 6	Yoga	Health related Fitness	Dodgeball	Ultimate Frisbee	QAA	Athletics
Year 6	Team building and Problem solving	Gymnastics – Counter balance and counter tension	Gymnastics – Group Sequencing	Basketball	Dance- The Victorians Swimming	Tennis Swimming

PE Yearly Overview – Suggested – 2022-2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Continuous Provision	Gymnastics – Flight	<u>Dance</u> – People who help us	Gymnastics – Travelling, stretching and curling	<u>Dance</u>	Athletics
EYFS	Net Wall Skills	Locomotion	Gymnastics – Rocking and rolling	Object Manipulation	<i>Target Games - 1</i>	Strike and field skills
Year 1	<u>Dance</u> - seasons	Gymnastics – Balancing and spinning on points and patches	<u>Dance</u> – Fire of London	Gymnastics – Wide, Narrow and curled	<u>Dance</u>	Gymnastics – Pathways – small and long
Year 1	Net Wall Skills	Object manipulation	Invasion Games Skills 1	<i>Target games - 2</i>	Athletics	Striking and fielding skills
Year 2	<u>Dance</u>	Gymnastics – Stretching, curling and arching	<u>Dance</u>	Gymnastics – Spinning, turning and twisting	<u>Dance</u>	Gymnastics – Pathways – small and long
Year 2	Net Wall Skills	Locomotion	<i>Target Games - 3</i>	Invasion Games skills 2	Athletics	Strike and field Skills
Year 3	<i>Outdoor and Adventurous Activities – (OAA)</i>	Gymnastics – Symmetry and asymmetry (partners)	<u>Dance</u>	Gymnastics – Receiving body weight	<u>Dance</u>	Kwik cricket
Year 3	Handball	Unihoc / Hockey	Basketball	Football	Athletics	Short tennis
Year 4/5	Gymnastics – Arching and bridges	<u>Dance</u>	Gymnastics – Under and over	<u>Dance – WW2</u>	Athletics	Rounders
Year 4/5	<i>Outdoor and Adventurous Activities – (OAA)</i>	Unihoc/Hockey	Basketball	Tag Rugby	Gymnastics – Mirroring and contrast	Short tennis
Year 5/6	<i>Outdoor and Adventurous Activities – (OAA)</i>	<u>Dance</u>	Gymnastics – Counter balance and counter tension	<u>Dance</u>	Athletics	Kwik Cricket
Year 5/6	Ultimate Frisbee	Handball Year 5/6 - Swimming	Tag Rugby Year 5/6 - Swimming	Netball	Gymnastics – Group sequencing	Short tennis