

Whole School PE overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	Fine motor skills Locomotion 1	Object Manipulation Locomotion 2	Fundamental Movement skills 1 Stability	Target games 1 (Coach-led) Gym – rocking and rolling	Invasion games (Coach-led) Gymnastics Flight – bouncing, jumping	Striking and fielding (Coach-led) Dance
Year 1	Fundamental movement skills 2 Invasion games skills 1 (Coach-led)	Gymnastics – Pathways – small and long Invasion games (Coach-led)	Target games 2 (Coach-led) Object manipulation 2	Dance – Pirates Gymnastics – wide narrow and curled	Gymnastics – balancing, spinning Net/wall games 1	Striking and fielding 1 Dance
Year 2	Fundamental movement skills 3 Invasion games skills 2 (Coach-led)	Gymnastics – Pathways – straight, zigzag and curve Dance	Gymnastics – spinning, turning, twisting Target Games 3 (Coach-led)	Athletics Dance - animals	Invasion games (Coach-led) Net/wall games 2	Striking and fielding 2 Invasion games (Coach-led)
Year 3	Invasion games – (Coach-led) Health Related Fitness	Gymnastics – Linking movements together Net/wall games - handball	Invasion games – (Coach-led) Athletics	Gymnastics – symmetry and asymmetry Invasion games – (Coach-led)	Invasion games (Coach-led) Dance - Victorians	Striking and fielding - Rounders OAA
Year 4	Dance - Romans Swimming	Invasion games – (Coach-led) Swimming	Striking and fielding – Danish longball Swimming	Gymnastics – Arching and bridges Swimming	Striking and fielding – Cricket Swimming	Net/wall - Tennis Swimming
Year 5	Gymnastics – Matching, mirroring and contrast Invasion games – (Coach-led)	Invasion games (Coach-led) Net/wall – handball	Invasion games (Coach-led) Gymnastics – synchronisation and canon	Invasion games (Coach-led) Athletics	Dance -WW2 OAA	Striking and fielding - Rounders Team Building and Problem Solving
Year 6	Health Related Fitness Leadership	Dance – British Values Invasion games – (Coach-led)	Striking and fielding – Danish Longball Gymnastics – Group sequencing	Net/wall games - Tennis Dance – through the ages	Striking and fielding - Cricket Invasion games – (Coach-led)	Invasion games (Coach-led) Skittle ball

Gymnastics

Dance

Net/wall

Invasion

Striking/fielding

Athletics

Swimming

Other

