



# PE Long-Term Overview

	TERM 1	TERM 2	TERM 3	TERM 4	TERM 5	TERM 6
YEAR R	<b>Introduction to PE</b> (Getting changed, going to the hall)	<b>Dance</b> We're Going on a Bear Hunt	<b>Gymnastics</b> Making shapes, balance and control	<b>Gymnastics</b> Jumping, linking movements, apparatus	<b>Games</b> Throwing and catching, use of space	<b>Games</b> Team games, bat and ball skills
YEAR 1	<b>Games/Athletics</b> Ball, Hand and Eye Co-ordination	<b>Gymnastics</b> Hand Apparatus	<b>Gymnastics</b> Travelling, landing, jumps and turns <i>(Team Building)</i>	<b>Dance</b> Penguin Small	<b>Dance</b> Maypole	<b>Games Cricket</b> Striking and Fielding <i>(Athletics)</i>
YEAR 2	<b>Multi Skills</b> Throwing, catching, balance, agility <i>(Dance - Jazz)</i>	<b>Gymnastics</b> Balance and Hand Apparatus	<b>Gymnastics</b> Shapes and Rolls	<b>Dance</b> Maypole	<b>Games Football</b> Dribbling and Passing	<b>Games Volleyball</b> Throwing and Defending
YEAR 3	<b>Athletics</b> Running, jumping, sprinting, endurance	<b>Gymnastics</b> Hand Apparatus and Balance <i>(Dance - Lyrical)</i>	<b>Gymnastics</b> Landings, jumps, leaps, turns, rolls	<b>Games Hockey</b> Dribbling and Passing	<b>Games Football</b> Dribbling, passing and attacking	<b>Games Rounders</b> Throw, catch and hit
YEAR 4	<b>Swimming PFS &amp; V.V</b> <b>Netball StM</b> Rules, passing, defending	<b>Swimming PFS &amp; V.V</b> <b>Dance StM</b> Patterns and Pathways <i>(Dance - Contemporary)</i>	<b>Swimming PFS</b> <b>Gymnastics V.V &amp; StM</b> Travelling, jumping and rolls	<b>Swimming (PFS)</b> <b>Dance V.V</b> Patterns and Pathways <b>Games StM</b> <b>Hockey</b> Coordination of sticks <i>(Cheerleading)</i>	<b>Swimming PFS &amp; StM</b> <b>Netball V.V</b> Passing and defending	<b>Swimming PFS &amp; StM</b> <b>Games V.V</b> <b>Hockey</b> Coordination of sticks
YEAR 5	<b>OAA</b> Teamwork, orienteering, map skills, following instructions <i>(Betteshanger)</i>	<b>Dance</b> Explore and improvise Greek Dance traditions	<b>Gymnastics PFS &amp; StM</b> Rolling and Travelling  <b>Swimming V.V</b>	<b>Games PFS &amp; StM</b> <b>Tag Rugby</b> Passing, throwing, catching, attacking  <b>Swimming V.V</b>	<b>Games Cricket</b> Rules, tactics, attacking, defending <i>(Dance – Hip Hop)</i>	<b>OAA PFS &amp; V.V</b> Teamwork <b>Games StM</b> <b>Rounders</b> Attacking, defending, tactics, passing <b>PF - Sailing</b>
YEAR 6	<b>Athletics</b> Decathlon Event – jumping, javelin, shot put, discus throw, hurdles	<b>Dance</b> Perform and Evaluate 'Haka' movements	<b>Games</b> <b>Outdoor Ball Games</b> Throwing, catching, tactics	<b>Games</b> <b>Tag Rugby</b> Tactics, Defending and Attacking <i>(Gym - Cheerleading)</i>	<b>Games Netball</b> Passing, Defending, Attacking, Shooting	<b>Games PFS &amp; V.V</b> <b>Rounders</b> Attacking, defending, tactics, passing <b>OAA StM</b> Teamwork