Develop practical skills in order to participate, compete and lead a healthy lifestyle

P.E. Overview 2022 - 23

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2		
Nursey	Introduction to PE unit 1	Fundamental unit 1	Dance unit 1	Ball skills unit 1	Gymnastics unit 1	Games unit 1		
						Sports day practise		
Receptions	Introduction to PE unit 2	Fundamental unit 2	Dance unit 2	Ball skills unit 2	Gymnastics unit 2	Games unit 2		
						Sports day practise		
Year 1	Target and Tag skills	Dance	Ball Handling skills	Gymnastics	Athletics Basic Skills	Sending and receiving		
Fundamental Skills	Locomotion:		Stability:		Object control:			
	Hopping		Balancing on one leg		Rolling a ball			
	Galloping and Skipping		Walking the	Walking the beam		Overarm throw		
	Jumping for height		Rolling	_		Underarm throw		
			ŭ .		Catching a ball			
Year 2	Ball Handling skills	Dance	Invasion Skills (Football)	Gymnastics	Athletics Basic Skills	Striking and fielding skills (Mini games)		
Fundamental Skills	Locomotion:		Stability:		Object control:			
	Running		Balancing on one leg		Kicking			
	Jumping for distance		Walking the beam		Bouncing a ball (dribbling)			
	Dodging		• Rolling		Dribbling with feet			
					Striking a ball			
Year 3	Invasion Skills	Dance	Gymnastics	Net and wall skills	Athletics	Striking and		
	(Football)			(Tennis)	 Sprints 	Fielding		
					• Take 5	(Rounders)		
					jumps			
			OAA	OAA	Push throwing			

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					Quad kid			
					skills			
Fundamental Skills	Locomotion: Hopping Galloping and Skipping Jumping for height		Stability: Balancing on one leg Walking the beam Rolling		Object control:			
					Rolling a ballOverarm throwUnderarm throw			
						Catching a ball		
Year 4	Invasion Skills	Dance	Gymnastics	Net and wall skills	Athletics	Striking and		
rear r	(Tag Rugby)	Dance	Gymnastics	(Basketball)	• Sprints	Fielding		
	(Tug Nugby)			(basketball)	• Take 5	(Kwik Cricket)		
			OAA	OAA	jumps	(KWIK CHCKEL)		
			UAA	UAA	• Push			
					throwing			
					Quad kid			
					skills			
Fundamental Skills	Locomotion:		Stability:		Object control:			
	Running Jumping for distance Dodging		Balancing on one leg Walking the beam Rolling		Kicking			
					 Bouncing a ball (dribbling) Dribbling with feet Striking a ball 			
· · ·		Ι.	A	I a .:				
Year 5	Invasion Skills	Dance	Net and wall skills	Gymnastics	Athletics	Striking and		
	(Hockey)		(Tennis)		• long	Fielding		
					distance	(Rounders)		
			OAA	OAA	running			
					• 4x4 relay			
					 Throwing – Howler 			
					 Long jump and triple 			
					јитр			
Fundamental Skills	Locomotion:		Stability:		Object control:			
Tanaamentai Skiiis	Hopping		Balancing on one leg		Rolling a ball			
	Galloping and Skipping		Walking the beam		Overarm throw			
	Jumping for height		Rolling		Underarm throw			

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					Catching a ball		
Year 6	Invasion Skills (Tag Rugby)	Dance	Net and wall skills (Netball)	Gymnastics OAA	Athlet •		Striking and Fielding (Cricket)
					•	4x4 relay Throwing – Howler Long jump and triple jump	
Fundamental Skills	Locomotion: Running Jumping for distance Dodging		Stability: Balancing on one leg Walking the beam Rolling		Object control:		

Fundamental skills for Year 1 to Year 6 to be taught alongside main skill each term.