

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: <ul style="list-style-type: none"> Hopping Gallop and Skipping Jumping for height 		Stability: <ul style="list-style-type: none"> Balancing on one leg Walking the beam Rolling 		Object control: <ul style="list-style-type: none"> Rolling a ball Overarm throw Underarm throw 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: <ul style="list-style-type: none"> Running Jumping for distance Dodging 		Stability: <ul style="list-style-type: none"> Balancing on one leg Walking the beam Rolling 		Object control: <ul style="list-style-type: none"> Kicking Bouncing a ball (dribbling) Dribbling with feet Striking a ball 	
Year 3	Invasion Skills (Football)	Dance	Gymnastics OAA	Net and wall skills (Tennis) OAA	Athletics <ul style="list-style-type: none"> Sprints Take 5 jumps Push throwing 	Striking and Fielding (Rounders)

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					<ul style="list-style-type: none"> • <i>Quad kid skills</i> 	
Fundamental Skills	Locomotion: Hopping Gallop and Skipping Jumping for height		Stability: Balancing on one leg Walking the beam Rolling		Object control: <ul style="list-style-type: none"> • Rolling a ball • Overarm throw • Underarm throw • Catching a ball 	
Year 4	Invasion Skills (Tag Rugby)	Dance	Gymnastics OAA	Net and wall skills (Basketball) OAA	Athletics <ul style="list-style-type: none"> • <i>Sprints</i> • <i>Take 5 jumps</i> • <i>Push throwing</i> • <i>Quad kid skills</i> 	Striking and Fielding (Kwik Cricket)
Fundamental Skills	Locomotion: Running Jumping for distance Dodging		Stability: Balancing on one leg Walking the beam Rolling		Object control: <ul style="list-style-type: none"> • Kicking • Bouncing a ball (dribbling) • Dribbling with feet • Striking a ball 	
Year 5	Invasion Skills (Hockey)	Dance	Net and wall skills (Tennis) OAA	Gymnastics OAA	Athletics <ul style="list-style-type: none"> • <i>long distance running</i> • <i>4x4 relay</i> • <i>Throwing – Howler</i> • <i>Long jump and triple jump</i> 	Striking and Fielding (Rounders)
Fundamental Skills	Locomotion: Hopping Gallop and Skipping Jumping for height		Stability: Balancing on one leg Walking the beam Rolling		Object control: <ul style="list-style-type: none"> • Rolling a ball • Overarm throw • Underarm throw 	

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					<ul style="list-style-type: none"> Catching a ball 	
Year 6	Invasion Skills (Tag Rugby)	Dance	Net and wall skills (Netball) OAA	Gymnastics OAA	Athletics <ul style="list-style-type: none"> long distance running 4x4 relay Throwing – Howler Long jump and triple jump 	Striking and Fielding (Cricket)
Fundamental Skills	Locomotion: Running Jumping for distance Dodging		Stability: Balancing on one leg Walking the beam Rolling		Object control: <ul style="list-style-type: none"> Kicking Bouncing a ball (dribbling) Dribbling with feet Striking a ball 	

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