

PE Overview

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Locomotion Dance	Ball Skills (Hands) Dance	Ball Skills (Hands) Gymnastics	Ball Skills (Feet) Gymnastics	Sport Specific skills Athletics (Sports Day)	Swimming Games for understanding
Year 1	Locomotion Dance	Ball skills (Hands) Dance	Ball Skills (Hands) Gymnastics	Ball Skills (Feet) Gymnastics	Sport Specific skills Athletics (Sports Day)	Swimming Games for Understanding
Year 2	Locomotion Dance	Ball skills (Hands) Dance	Ball Skills (Hands) Gymnastics	Ball skills (Feet) Gymnastics	Sport Specific skills Athletics (Sports Day)	Swimming Games for Understanding
Year 3	Football Dance	Handball Dance	Tag Rugby Gymnastics	Tag Rugby Netball	Tennis Athletics	Swimming Cricket
Year 4	Football Dance	Handball Dance	Tag Rugby Gymnastics	Tag Rugby Netball	Tennis Athletics	Swimming Cricket
Year 5	Football Dance	Handball Dance	Tag Rugby Gymnastics	Tag Rugby Netball	Tennis Athletics	Cricket Rounders
Year 6	Football Dance	Handball Dance	Tag Rugby Gymnastics	Tag Rugby Netball	Tennis Athletics	Cricket Rounders

Outdoor and adventurous activities (OAA) are provided through the Year 4 and 6 residential programme, enabling pupils to take part in collaborative and adventurous challenges in line with National Curriculum expectations.