

Whole School PE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception Theme: all about me	All about their own bodies: Running, hopping, walking.	Target games: directional throwing. How to catch a ball.	Gymnastics. Jumping off a bench. Rolling.	Dance: following step sequences: Hokey Cokey. Saturday Night.	Moving a ball with a hockey stick, foot and throwing and catching.	Dodging and avoiding games.
Year 1 Theme: knowing how to play simple games	Athletics – basic throws, types of run, and types of jump	Net ball and bench ball. How to pass, throw and score a goal.	Gymnastics: mirroring, balancing, sequencing movements.	Dance: how to transfer weight from one leg to another. How to roll up and down.	Aiming for a target in marbles and curling.	Forehand, backhand and serve in table tennis and tennis.
Year 2 Theme: sequences of moves	Athletics: throw, spring, long jump, increasing their personal bests.	Football: passing, dribbling, shooting. Directing the ball.	Gymnastics: sequences of rolls, leaps, balances in floor programmes.	Dance: telling the narrative of the fire of London through dance	Bowling: how to judge distance and direction	Badminton , tennis and table tennis: rally and forehands and backhands
Year 3 Attack and defence	Athletics: Long jump run up and take off; glide and rotation methods in throws; sprint drills. Cricket – batting and bowling.	Hockey: Passing, dribbling, attack and defend. Football: attack and defend	Gymnastics: leaps, rolls and balances to portray attack and defence.	Dance: contrasting dynamics to capture character and narrative in Theseus and the Minotaur	Target game drills. Working as a team to make decisions in orienteering.	Tennis: volleys, rallies, serve and groundstrokes.
Year 4 Footwork and zones	Athletics: hang and hitch kick techniques. Triple jump. Hurdles, High jump.	Rugby and netball. The zones, the players and how to pass.	Swimming – the 3 main strokes and basic water safety	Dance: using props, footwork and motifs to replicate 'singing in the rain'	How to play crazy golf and putt a golf ball. Orienteering. How to play snooker.	Badminton and table tennis: the rules, the zones and the line markings.
Year 5 Theme: tactics	Athletics: throwing events discus, javelin, shot putt.	Basketball. How to pass the ball, score and play small-sided games.	Snooker – tactics. How to score and play games of darts.	Dance: learning and fusing dance styles ballet and Bhangra	Tennis: how to lob, smash, drop shot an opponent and use tactics	Baseball. How to pitch, bat, field and play a game. Tactics in baseball.

	Cricket, using tactics in batting and fielding.					
Year 6 Theme: competiton	Competitive rounders games Competitive hockey games	Competitive netball games Competitive football games	Competitive boules and croquet	Dance – Brazilian dance	Orienteering competitions.	Know how to compete in a modified decathlon