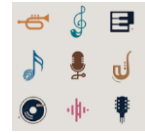




Subject Overview: PE



	Year							
Term	F1	F2	1	2	3	4	5	6
Advent	Throwing and catching	Gymnastics Unit A Travelling Games Unit 1 Focus on using beanbags	Gymnastics Unit D Flight - bouncing, jumping and landing Games Unit 1 Ball skills and games	Gymnastics Unit H Parts high and parts low Games Unit 1 Throwing and catching (inventing games)	Gymnastics Unit O Travelling with a change of front and direction Games Unit 3 Net and wall games Hitting skills	Gymnastics Unit Q Receiving body weight Games Unit 3 Invasion games Tag Rugby	Games Unit 3 Invasion games Hockey Gymnastics Unit W Spinning and turning	Games Unit 1 Invasion games Hockey and football Dance Unit 1 The World of Sport Mix and Match
	Awareness of the Body Space and Movement Balance Bikes	Games Unit 2 Focus on using a ball Dance Unit 1 Stars in Space Rabbits Follow my Leader Hickory Dickory Dock Autumn Leaves	Gymnastics Unit E Points and patches Dance Unit 1 Streamers Conkers Playing with a ball	Gymnastics Unit I Pathways, straight, zig-zag and curving Dance Unit 1 The cat Balloons Reach for the stars	Gymnastics Unit L Dance Unit 4 Mechanical Progress	Dance Unit 2 Electricity Gymnastics Unit P Balance	Games Unit 2 Invasion games Netball Gymnastics Unit U Flight	Gymnastics Unit X Working together - matching, mirroring and contrasting Gymnastics Unit Z Working together - holes and barriers
Lent	Move to Music	Gymnastics Unit B Stretching and curling Dance Unit 2 Icicles	Gymnastics Unit F Rocking and rolling Games Unit 2 Throwing and catching, aiming games	Gymnastics Unit J Turning, spinning and twisting Games Unit 2 Making up games with a partner. Hitting, aiming and kicking	Gymnastics Unit M Dance Unit 1 The language of dance	Games Unit 1 Net and Wall games - squash Dance Unit 3	Gymnastics Unit T Bridges Dance Unit Tudor Dance	Games Unit 4 Invasion games Basketball and tag rugby Gymnastics Unit Alpha Counter balance and counter tension

	Throwing and catching	Games Unit 3 Focus on using hoops and quoits Dance Unit 4 The Scarf Painting Patterns The Hungry Caterpillar	Gymnastics Unit 6 Wide - Narrow - Curled Dance Unit 2 March, March, March Jack and the Beanstalk	Gymnastics Unit K Linking movements together Dance Unit 2 Friends Bubbles Shadows	Games Unit 1 Gymnastics Unit N	Swimming Gymnastics Unit R	Games Unit 1 Net and Wall games - tennis/volley ball Dance Unit 1 Rubbish	Games Unit 2 Net and wall games Volleyball and tennis Gymnastics Unit Y Working together - synchronisation and cannon
Pentecost	Awareness of the Body Space and Movement Balance Bikes	Gymnastics Unit C Travelling taking weight Dance Unit 3 Blowing Bubbles Dinosaurs The Shaking Puppet	Games Unit 3 Bat and balls skills and games, skipping Athletics Unit 1 Changing speed, underarm throwing, simple take offs and landings, push throw	Games Unit 3 Dribbling, kicking and hitting Athletics Unit 1 Take offs and landing Running for even pace Underarm throw for accuracy and distance	Games Unit 2 Games Unit 4 Striking and fielding Using different shapes and sizes of bats, throwing, intercepting and stopping balls	Gymnastics Unit S Swimming	Games Unit 4 Striking and fielding - cricket Gymnastics Unit V Functional use of the limbs	Games Unit 3 Striking and fielding Cricket and rounders Athletics Unit 2 Upsweep and downsweep for relay takeover, scissor jump, javelin
	Move to Music	Games Unit 4 Focus on using a ropes, bats and balls Sports Day Activities	Games Unit 4 Developing Partner Work Athletics Unit 2 Basic running styles, overarm throwing, pivot turn, running in curved pathways, jumping techniques	Games Unit 4 Group games and inventing rules Athletics Unit 2 Underarm, overarm and push throws and relays	Athletics Unit 1 Running, jumping and throwing Athletics Unit 2	Athletics Unit 1 Counting, measuring and timing Athletics Unit 2 Paced running, combination jumping, relay take over (downsweep), throwing accuracy	Athletics Unit 1 Running over obstacles, relay take over (upsweep), sprinting Athletics Unit 2 Jumping high and long, sprint starts	Athletics Unit 1 Drive and speed, shot, discus, long jump, triple jump, hurdles Swimming