

PE Year Group Overview



		Autumn	Spring	Summer
Year 1	<p>Master basic movement, e.g. running, jumping, throwing, catching, balance, agility and co-ordination</p> <p>Participate in team games</p> <p>Perform dances using simple movement</p>	<p>Multi sports</p> <p>L1 space, L2 movement, L3 running, L4 jumping, L5 throwing, L6 catching, L7 balance, L8 coordination</p> <p>Dance, Gymnastics, Yoga</p>	<p>Multi sports</p> <p>L1 space, L2 movement, L3 running, L4 jumping, L5 throwing, L6 catching, L7 balance, L8 coordination</p> <p>Dance, Gymnastics, Yoga</p>	<p>Fitness, Athletics with Personnel Best</p> <p>Every lesson getting changed, L2 movement, L3 space, L4 communication, L5 agility, balance, coordination, L6 FUNdamentals</p>
Year 2	<p>Master basic movement, e.g. running, jumping, throwing, catching, balance, agility and co-ordination.</p> <p>Participate in team games</p> <p>Perform dances using simple movement</p>	<ul style="list-style-type: none"> ✓ Adv. Multi sports, net games ✓ Dance, Gymnastics, Yoga 	<ul style="list-style-type: none"> ✓ Tag-rugby, handball ✓ Hockey, Short tennis 	<ul style="list-style-type: none"> ✓ Fitness, Athletics with Personnel Best ✓ Rounders, Cricket
Year 3	<p>Use running, jumping, catching and throwing in isolation and in combination</p> <p>Play competitive games, modified as appropriate</p> <p>Develop flexibility & control in gym, dance & athletics</p> <p>Compare performances to achieve personal bests</p>	<ul style="list-style-type: none"> ✓ Adv. Multi sports, net games ✓ Dance, Gymnastics, Yoga 	<ul style="list-style-type: none"> ✓ Tag-rugby, handball ✓ Hockey, Short tennis 	<ul style="list-style-type: none"> ✓ Fitness, Athletics with Personnel Best ✓ Rounders, Cricket
Year 4	<p>Use running, jumping, catching and throwing in isolation and in combination</p> <p>Play competitive games, modified as appropriate</p> <p>Develop flexibility & control in gym, dance & athletics</p> <p>Compare performances to achieve personal bests</p>	<ul style="list-style-type: none"> ✓ Basketball, Netball, Football, ✓ Dance, Gymnastics, Yoga 	<ul style="list-style-type: none"> ✓ Handball, Tag-rugby ✓ Hockey, Short tennis, Badminton 	<ul style="list-style-type: none"> ✓ Cricket, Orienteering ✓ Rounders

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Year 5	<p>Use running, jumping, catching and throwing in isolation and in combination Play competitive games, applying basic principles Develop flexibility & control in gym, dance & athletics Take part in Outdoor & Adventurous activities Compare performances to achieve personal bests</p>	<ul style="list-style-type: none"> ✓ Basketball, Netball, Football ✓ Dance, Gymnastics, Yoga 	<ul style="list-style-type: none"> ✓ Basketball, Netball, Football ✓ Swimming proficiency at 25m ✓ Dance, Gymnastics, Yoga ✓ Swimming proficiency at 25m 	<ul style="list-style-type: none"> ✓ Fitness, Athletics with Personnel Best ✓ Swimming proficiency at 25m ✓ Cricket, Orienteering, Rounders
Year 6	<p>Use running, jumping, catching and throwing in isolation and in combination Play competitive games, applying basic principles Develop flexibility & control in gym, dance & athletics Take part in Outdoor & Adventurous activities Compare performances to achieve personal bests</p>	<ul style="list-style-type: none"> ✓ Basketball, Netball, Football, Swimming proficiency at 25m ✓ Dance, Gymnastics, Yoga, Swimming proficiency at 25m 	<ul style="list-style-type: none"> ✓ Handball, Tag-Rugby ✓ Hockey, Short Tennis, Badminton 	<ul style="list-style-type: none"> ✓ Fitness, Athletics with Personnel Best ✓ Cricket, Orienteering, Rounders, ✓ Swimming Proficiency at 25m

