

## Whole School P.E Overview

Year Group	Terms					
	Autumn Term 1 <sup>st</sup> half	Autumn Term 2 <sup>nd</sup> half	Spring Term 1 <sup>st</sup> half	Spring Term 2 <sup>nd</sup> half	Summer Term 1 <sup>st</sup> half	Summer Term 2 <sup>nd</sup> half
Reception	Travelling and balancing. Use of small and large equipment.		Travelling and balancing. Moving with confidence. Importance of keeping healthy.		Use if small and large equipment.	
Year 1/2  Rolling Programme 1	<b>Games Unit 1</b> -Travelling using body parts and equipment to control a ball. <b>Games Unit 2</b> -Sending different objects with control and accuracy. <b>Dance Unit 1</b> -Loud and soft percussive sounds. <b>Dance Unit 2</b> -Moods and characters. <b>Dance Unit 3</b> -Directed beats and rhythms. <b>Dance 4</b> -Copying and following.		<b>Gymnastics Unit 1</b> -Stretching and curling. <b>Gymnastics Unit 2</b> -Use changes of direction with changes of action. <b>Gymnastics Unit 3</b> -Partner work. <b>Gymnastics Unit 4</b> -Sequencing		<b>Games Unit 3</b> - Fielding games. <b>Sports Day skills</b>	
Year 1/2  Rolling Programme 2	<b>Games Unit 4</b> - Passing, dodging and marking. <b>Dance Unit 5</b> - Rhythmic phrases using body sounds. <b>Dance Unit 6</b> -Pathways. <b>Dance Unit 7</b> -Contrasts in shape. <b>Dance unit 8</b> -Moving and stillness.		<b>Gymnastics-Unit 5</b> -Changes of speed. <b>Gymnastics Unit 6</b> -Four basic body shapes. <b>Gymnastics Unit 7</b> -Partner sequencing(following an matching)		<b>Games Unit 5</b> -Effective passing <b>Games Unit 6</b> -Developing different game types. <b>Sports Day skills</b>	
Year 3/4  Rolling Programme 1	<b>Games unit 7</b> - Introduction to net/racket games-tennis.  <b>Dance Unit 9</b> -Moods and feelings. <b>Dance Unit 10</b> -Moving at different levels.  Swimming-Unit SW1.	<b>Dance Unit 11</b> - Linking like and unlike actions.  <b>Dance unit 12</b> - Traditional Folk dances.  Swimming-Unit SW2.	<b>Gymnastics Unit 8</b> - Linking travelling actions and balance.  Swimming-Unit SW3.	<b>Gymnastics Unit 9</b> - Jumping and Springing. <b>Gymnastics Unit 10</b> -Partner as an obstacle.  Swimming-Unit SW4.	<b>Games Unit 8</b> - <b>Striking and fielding games</b> -Cricket.  Swimming-unit SW5.	<b>Games Unit 9</b> - Passing and Catching in invasive games-Basketball.  Swimming-Unit SW6.

<p><b>Year 3/4</b></p> <p><b>Rolling Programme 2</b></p>	<p><b>Games Unit 10-</b>Stroke development-Tennis.</p> <p><b>Games Unit 11-</b> Retaining possession in an invasive games-Hockey.</p> <p>Swimming-Unit SW1</p>	<p><b>OAA Unit 1- Navigation and adventure games.</b></p> <p><b>Dance Unit 13-</b> Angular and curved body shapes.</p> <p>Swimming Unit SW2</p>	<p><b>Dance Unit 14-</b> Contrasts in actions.</p> <p><b>Dance Unit 15-</b> Continuity of movement.</p> <p>Swimming Unit SW3</p>	<p><b>Gymnastics Unit 11-</b>Moving in and out of a balance.</p> <p><b>Gymnastics Unit 12-</b>Inversion mirroring and matching.</p> <p>Swimming Unit SW4</p>	<p><b>Games Unit 12-</b> Regaining possession in an invasive game-netball.</p> <p><b>Games Unit 13-</b> Batting within striking/fielding games-cricket and Tri-golf.</p> <p>Swimming-Unit SW5</p>	<p><b>Athletics Unit 1</b> - Simple running, jumping and throwing skills.</p> <p>Swimming-Unit SW6.</p>
<p><b>Year 5/6</b></p> <p><b>Rolling Programme 1</b></p>	<p><b>Games Unit 14-</b> Changing roles-attack and defence within an invasive game-football</p> <p><b>Games Unit 15-</b> Attack and defence in short tennis.</p>	<p><b>Orienteering Unit OAA2-</b> Simple orienteering and problem solving.</p> <p><b>Dance Unit 16-</b> Conflict and opposition.</p>	<p><b>Dance Unit 17-</b> Contrasts in body shape.</p> <p><b>Dance Unit 18-</b> Contrasts in speed.</p>	<p><b>Gymnastics Unit 14-</b> Symmetry and asymmetry.</p> <p><b>Gymnastics Unit 13-</b> Partner sequencing.</p>	<p><b>Games Unit 16-</b> Bowling within a striking and fielding game-mini rounders.</p>	<p><b>Athletics Unit 2-</b> More advanced running, jumping and throwing skills.</p>
<p><b>Year 5/6</b></p> <p><b>Rolling Programme 2</b></p>	<p><b>Games Unit 17b-</b>Tag Rugby. <b>Games unit 17d-</b> football</p> <p><b>Dance Unit- Da19-</b>developing contrasts in speed and tension.</p> <p><b>Dance Unit 20-</b>Using dance actions to develop characters within a story.</p>	<p><b>Dance Unit 21-</b> Dances of the British Isles/Historical Dance/Cultural Dance,</p> <p><b>Orienteering Unit OAA3-</b> Orienteering and problem solving.</p>	<p><b>Gymnastics Unit 15-</b>Counterbalance.</p> <p><b>Gymnastics Unit 16-</b> Flight.</p> <p><b>Games Unit 17c-</b> Hockey.</p>	<p><b>Games Unit 17f-</b> Cricket.</p> <p><b>Games Unit 17g-</b> basketball. Netball</p>	<p><b>Athletics Unit3-</b> Developing and consolidating athletics skills.</p>	