



Physical Education

Long Term Overview

*In Jesus' footsteps we will grow in grace
and knowledge*



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Foundations for KS1 Agility, Balance, Co-ordination.</p> <p>Travelling through a variety of equipment showing good control and balance .</p> <p>Perform movement patterns linking different skills.</p>	<p>Foundations for KS1 Gymnastics</p> <p>Can complete more than one roll/rock.</p> <p>Move freely around the room safely and efficiently.</p> <p>Work with a partner. Can hold their weight still completing different balances.</p>	<p>Foundations for KS1 Dance</p> <p>Perform simple dance patterns with expression.</p> <p>Perform dance actions in time to music.</p> <p>Move limbs with control, balance and coordination.</p>	<p>Foundations for KS1 Sending and Receiving</p> <p>Can throw and catch a large ball .</p> <p>Can regularly catch a variety of equipment over a short distance.</p> <p>Make good decisions when receiving a rolling object Work effectively in small groups.</p>	<p>Foundations for KS1 Awareness, speed and agility</p> <p>Teamwork, reactions, spatial awareness.</p> <p>Travel using different body parts..</p>	<p>Foundations for KS1 Competitive</p> <p>Teamwork, reactions, spatial awareness.</p> <p>Games.</p>

Underpinned by our Early Years Curriculum, promoting aspects of physical development:



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CYCLE A Year 1&2 (Key PE Year 1 lesson units - support & extend)	Fundamental movements	Gymnastics	Dance (Seasons) Awareness	Sending and receiving	Athletics Attack and defend	Tactics and Strategies Competitive
CYCLE B Year 1& 2 (Key PE Year 2 lesson units - support & extend)	Fundamental movements	Gymnastics	Dance (Under the Sea) Awareness	Sending and receiving	Athletics Attack and defend	Tactics and Strategies Competitive



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Cycle A Year 3&4 (Key PE Year 3 lesson units support & extend)	Sending and receiving	Gymnastics	Dance Paralympics	Tactics and Strategies Attack & defend	Outdoor Adventurous Activities (Orienteering)	Athletics Striking and Fielding
Cycle B Year 3&4 (Key PE Year 4 lesson units support & extend)	Sending and receiving	Gymnastics	Dance Paralympics	Tactics and Strategies Attack & defend	Outdoor Adventurous Activities (Orienteering)	Athletics Striking and Fielding



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Year 5	Agility, balance & co-ordination	Sending and receiving	Dance Swimming	Gymnastics Swimming	Tactics and Strategies Golf Lessons with a pro-golfer (6 hours)	Athletics Striking and Fielding
Year 6	Swimming Gymnastics	Swimming Dance	Speed & Agility	Attack & Defend	Competitive	Paralympics Golf Lessons with a pro-golfer (6 hours) Outdoor Adventurous Activities