



Alston Lane Catholic Primary School & Nursery

Physical Education Long-term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	FMS – Baseline	FMS – Elmer	FMS – Transport	FMS – Caterpillar	FMS – Castles	FMS – Space
Reception	FMS – Baseline	FMS – Jack and the Beanstalk	FMS – Rosie's Walk	FMS – How to catch a star	FMS – Mini-beasts	FMS – Seaside
Year 1	FMS – Baseline	Dance – Fire, Fire!	Gymnastics	FMS – Underarm Throw	FMS – Catching and Bouncing a ball	Athletics
Year 2	Games – Piggy in the Middle	Gymnastics	Dance - Explorers	Games – Striking and Fielding	Games – Net and Wall	Athletics FMS - End of KS1 Assessment
Year 3	Invasion Games – Handball	Gymnastics	Dance – Rock and Roll	Target Games – Dodgeball	Invasion Games – Netball	Athletics
Year 4	Invasion Games – Basketball	Dance – The Great Plague	Gymnastics	Invasion Games – Handball	Swimming Net & Wall Core Task 1	Athletics
Year 5	Invasion Games – Rugby	Gymnastics	Dance – Earthlings	Striking & Feilding Games - Rounders	Invasion Games – Hockey	Athletics
Year 6	Invasion Games – Rugby	Gymnastics	Dance – Heroes & Villains	Striking & Feilding Games – Cricket	Net & Wall Games – Tennis	Athletics