



Physical Education Overview

PSC SPORTS COACH

ACTIVE TAMESIDE SWIM COACHES

Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Throwing, catching, rolling. Balancing, different ways of moving Climbing	Balancing, different ways of moving Climbing, spinning	Balancing, different ways of moving Team games	Throwing, catching, rolling.	Dance 2 wheeler bikes	Team games
Reception	Locomotion 1	Fine Motor Skills	Gymnastics – Flight, bounce, jumping and landing	Stability 2 (static and dynamic balance)	Target Games 1	Athletics 1
	Locomotion 2	Fundamental skills 1	Gym – Rocking and rolling	Net and wall games skill 1	Striking and fielding game skills 1	Object manipulation 1
Y1	Tag Rugby	Basketball	Football	Netball	Striking / Fielding Skills 1 (Cricket)	Striking / Fielding Skills 1 (Runders)
	Dance	Gymnastics pathways – long and small	Gymnastics	Dance	OAA	Athletics
Y2	Tag Rugby	Basketball	Football	Netball	Cricket	Runders
	Hockey	Dodgeball	Gymnastics	Dance	OAA	Athletics
Y3	Tag Rugby	Basketball	Football	Netball	Cricket	Runders
	Hockey	Dodgeball	Gymnastics	Dance	OAA	Athletics
Y4	Tag Rugby	Basketball	Football	Netball	Cricket	Runders
	Hockey	Dodgeball	Gymnastics	Dance	OAA	Athletics
Y5	Tag Rugby	Basketball	Football	Netball	Cricket	Athletics
	Hockey	Dodgeball	Gymnastics	Swimming	Swimming	Swimming
Y6	Hockey	Dodgeball	Gymnastics	Netball	OAA	Athletics
	Swimming	Swimming	Swimming	Football	Cricket	Runders