

Fairholme PE Overview 2023-2024

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|  |  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| **Rec** |  | Complete first unit before moving onto next. Due to 2 lessons a week you should be able to do 2 units per half term. | | | | | |
| Introduction to PE: Unit 1  Introduction to PE: Unit 2 | Fundamentals: Unit 1  Fundamentals: Unit 2 | Gymnastics: Unit 1  Gymnastics: Unit 2 | Ball Skills: Unit 1  Ball Skills: Unit 2 | Dance: Unit 1  Dance: Unit 2 | Games: Unit 1  Games: Unit 2 |
| **Y1** | **Lesson 1** | Fundamentals | Ball Skills | Sending and receiving | Target Games | Dance  (Festival) | Invasion Games |
| **Lesson 2** | Gymnastics | Dance | Yoga | Fitness | Athletics  (Sports day prep) | Gymnastics |
| **Y2** | **Lesson 1** | Fundamentals | Target Games | Ball Skills | Sending and receiving | Dance  (Festival) | Yoga |
| **Lesson 2** | Fitness | Gymnastics | Dance | Gymnastics | Athletics  (Sports day prep) | Striking and Fielding Games |
| **Y3** | **Lesson 1** | Ball Skills Y3/4 | Fundamentals Y3/4 | Football | Tennis | Dance  (Festival) | Rounders |
| **Lesson 2** | Gymnastics | Fitness | Dance | OAA | Athletics  (Sports day prep) | Athletics |
| **Y4** | **Lesson 1** | ***Swimming*** | ***Swimming*** | ***Swimming*** | ***Swimming*** | ***Swimming*** | ***Swimming*** |
| **Lesson 2** | Fundamentals Y3/4 | Ball Skills Y3/4 | Tennis | Fundamentals Y3/4 | Dance  (Festival) | Cricket |
| **Lesson 3** | OAA | Gymnastics | Dance | Yoga | Athletics  (Sports day prep) | Gymnastics |
| **Y5** | **Lesson 1** | Tag Rugby | Tennis | Hockey | Netball | Dance  (Festival) | Rounders |
| **Lesson 2** | Dance | OAA | Gymnastics | Fitness | Athletics  (Sports day prep) | Athletics |
| **Y6** | **Lesson 1** | Fitness | Dance | OAA | Gymnastics | Dance  (Festival) | Football |
| **Lesson 2** | Netball | Tag Rugby | Hockey | Cricket | Athletics  (Sports day prep) | Athletics |