

PE Long Term Overview 2024-25

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	Continual physical development including gross and fine motor skills (including Kinetic Letters, Commando Joe's Outdoor area & Yoga).					
R	Dance – Nursery Rhymes	Locomotion – Walking 1	Locomotion – Jumping 1	Attack v Defence – Games for Understanding	Gymnastics - High, Low, Over, Under	Balls Skills – Rackets Bats and Balls
	Commando Joe's – Seasonal Missions					
Y1	Locomotion – Running 1	Gymnastics - Body Parts	Gymnastics – Wide, Narrow, Curled	Ball Skills – Feet 1	Dance - Growing	Balls Skills – Rackets Bats and Balls
	Locomotion – Jumping 1	Commando Joe's Traditional Tales	Attack v Defence – Games for Understanding	Commando Joe's Simba & Me	Ball Skills – Hands 1	Commando Joe's Steve Blackshall & Me
Y2	Ball Skills – Hands 1	Gymnastics - Linking	Gymnastics - Pathways	Locomotion – Running 1	Dance - Explorers	Balls Skills – Rackets Bats and Balls
	Ball Skills – Feet 1	Commando Joe's Pocahontas	Attack v Defence – Games for Understanding	Commando Joe's Sam Pepys	Locomotion – Dodging 1	Commando Joe's The Queen
Y3/4 (Cycle A)	Dance - Cats	OOA - Orienteering	Game Sense - Invasion	Gymnastics - Bridges	Athletics	Athletics - Competitions
	Games – Invasion: Hockey	Commando Joe's Ed Stafford	Games – Net & Wall: Tennis	Commando Joe's Ernest Shackleton	Games – Striking & Fielding: Cricket	Commando Joe's Nellie Bly
Y3/4 (Cycle B)	Dance - Weather	OOA - Orienteering	Game Sense - Invasion	Gymnastics - Symmetry & Asymmetry	Athletics	Athletics - Competitions
	Games – Invasion: Hockey	Commando Joe's Levison Wood	Games – Net & Wall: Tennis	Commando Joe's Kira Salak	Games – Striking & Fielding: Cricket	Commando Joe's Leif Erikson
Y5/6 (Cycle B)	Gymnastics - Counter Balance & Counter Tension	Commando Joe's Tim Peake	Dance – Street Art	Games – Invasion: Hockey	Games – Striking & Fielding: Cricket	Athletics
	Commando Joe's Sir Ranulph Fiennes	Swimming / Games – Invasion: Netball	Games – Net & Wall: Tennis	Swimming / Games – Invasion: Tag Rugby	Commando Joe's Spartacus	Swimming / Athletics Competitions
Y6 (Cycle A)	Games – Net & Wall: Tennis	Commando Joe's Nancy Wake	Gymnastics - Matching & Mirroring	Commando Joe's Amelia Earhart	Dance – Prejudice & Discrimination	Athletics
	Games – Invasion: Hockey	Swimming / Games – Invasion: Netball	Commando Joe's Ibn Battuta	Swimming / Games – Invasion: Tag Rugby	Games – Striking & Fielding: Cricket	Swimming / Athletics Competitions

In the Year 5 and 6 cycles, all Year 5 children will go swimming each term. They will be joined by any Year 6's who did not meet the expected standard when they were in Year 5.