

PE Long-Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Fundamentals Skills: Dino		Gymnastics	Dance	Fundamentals Skills: Jungle Theme	
Reception	Fundamentals Skills: Zog		Dance	Gymnastics	Fundamentals Skills: Vehicles & Transport	
Year 1	Fundamental Skills A: Run, Jump, Balance	Dance	Gymnastics	Fundamental Skills B: Hop, Skip, Sidestep	Fundamental Skills C: Underarm & Overarm Throw	Fundamental Skills D: Catch, Kick & Strike
Year 2	Fundamental Skills A: Run, Jump, Balance	Gymnastics	Dance	Fundamental Skills B: Hop, Skip, Sidestep	Fundamental Skills C: Underarm & Overarm Throw	Fundamental Skills D: Catch, Kick & Strike
Year 3	Invasion Games	Dance	Gymnastics	Health & Wellbeing	Athletics Swimming	Striking & Fielding Swimming
Year 4	Invasion Games Swimming	Gymnastics Swimming	Dance	Health & Wellbeing	Athletics	Striking & Fielding
Year 5	Invasion Games	Gymnastics	Dance Swimming	Health & Wellbeing Swimming	Athletics	Striking & Fielding
Year 6	Invasion Games	Dance	Gymnastics	Health & Wellbeing	Athletics	Striking & Fielding