



## Whole School PE Overview 2023-2024

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 	<b>Coordination:</b> Footwork <b>Static Balance:</b> One leg  <b>Drumba (Dance)</b>	<b>Coordination:</b> Footwork <b>Static Balance:</b> One leg  <b>Drumba (Dance)</b>	<b>Coordination:</b> Footwork <b>Static Balance:</b> One leg  <b>Drumba (Dance)</b>	<b>Coordination:</b> Footwork <b>Static Balance:</b> One leg  <b>Drumba (Dance)</b>			
Autumn 2 	<b>Dynamic Balance to Agility:</b> Jumping and landing <b>Static balance:</b> Seated  <b>Drumba (Dance)</b>	<b>Dynamic Balance to Agility:</b> Jumping and landing <b>Static balance:</b> Seated  <b>Drumba (Dance)</b>	<b>Dynamic Balance to Agility:</b> Jumping and landing <b>Static balance:</b> Seated  <b>Drumba (Dance)</b>	<b>Dynamic Balance to Agility:</b> Jumping and landing <b>Static balance:</b> Seated  <b>Competitive Games</b> Football and Indoor Athletics	<b>Dynamic Balance to Agility:</b> Jumping and landing <b>Static balance:</b> Seated  <b>Competitive Games</b> Football and Indoor Athletics	<b>Dynamic Balance to Agility:</b> Jumping and landing <b>Static balance:</b> Seated  <b>Competitive Games</b> Football and Indoor Athletics	<b>Dynamic Balance to Agility:</b> Jumping and landing <b>Static balance:</b> Seated  <b>Competitive Games</b> Football and Indoor Athletics
Spring 1 	<b>Dynamic Balance:</b> On a Line <b>Static Balance:</b> Stance  <b>Drumba (Dance)</b>	<b>Dynamic Balance:</b> On a Line <b>Static Balance:</b> Stance  <b>Drumba (Dance)</b>	<b>Dynamic Balance:</b> On a Line <b>Static Balance:</b> Stance  <b>Drumba (Dance)</b>	<b>Dynamic Balance:</b> On a Line <b>Static Balance:</b> Stance  <b>Drumba (Dance)</b>			
Spring 2 	<b>Coordination:</b> Ball Skills <b>Counter Balance:</b> With a Partner  <b>Drumba (Dance)</b>	<b>Coordination:</b> Ball Skills <b>Counter Balance:</b> With a Partner  <b>Drumba (Dance)</b>	<b>Coordination:</b> Ball Skills <b>Counter Balance:</b> With a Partner  <b>Drumba (Dance)</b>	<b>Coordination:</b> Ball Skills <b>Counter Balance:</b> With a Partner <b>Competitive Games</b> Netball and Hockey	<b>Coordination:</b> Ball Skills <b>Counter Balance:</b> With a Partner <b>Competitive Games</b> Netball and Hockey	<b>Coordination:</b> Ball Skills <b>Counter Balance:</b> With a Partner <b>Competitive Games</b> Tag Rugby and Dodgeball	<b>Coordination:</b> Ball Skills <b>Counter Balance:</b> With a Partner <b>Competitive Games</b> Tag Rugby and Dodgeball
Summer 1 	<b>Coordination:</b> Sending and receiving <b>Agility:</b> Reaction and Response  <b>Drumba (Dance)</b>	<b>Coordination:</b> Sending and receiving <b>Agility:</b> Reaction and Response  <b>Drumba (Dance)</b>	<b>Coordination:</b> Sending and receiving <b>Agility:</b> Reaction and Response  <b>Drumba (Dance)</b>	<b>Coordination:</b> Sending and receiving <b>Agility:</b> Reaction and Response  <b>Drumba (Dance)</b>			
Summer 2 	<b>Agility:</b> Ball Chasing <b>Static Balance:</b> Floor Work  <b>Drumba (Dance)</b>	<b>Agility:</b> Ball Chasing <b>Static Balance:</b> Floor Work  <b>Drumba (Dance)</b>	<b>Agility:</b> Ball Chasing <b>Static Balance:</b> Floor Work  <b>Drumba (Dance)</b>	<b>Agility:</b> Ball Chasing <b>Static Balance:</b> Floor Work <b>Competitive Games</b> Rounders and Tennis	<b>Agility:</b> Ball Chasing <b>Static Balance:</b> Floor Work <b>Competitive Games</b> Rounders and Tennis	<b>Agility:</b> Ball Chasing <b>Static Balance:</b> Floor Work <b>Competitive Games</b> Cricket and Basketball	<b>Agility:</b> Ball Chasing <b>Static Balance:</b> Floor Work <b>Competitive Games</b> Cricket and Basketball