

## Physical Education – Whole School Overview

Year group	Hour	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	Daily	<b>Fundamental Movement Skills</b> Outdoor play and teacher led activities	<b>Fundamental Movement Skills</b> Outdoor play and teacher led activities	<b>Fundamental Movement Skills</b> Outdoor play and teacher led activities	<b>Fundamental Movement Skills</b> Outdoor play and teacher led activities	<b>Fundamental Movement Skills</b> Outdoor play and teacher led activities	<b>Fundamental Movement Skills</b> Outdoor play and teacher led activities
	Daily	<b>Dance</b> Teacher led activities (e.g. squiggle and just dance)	<b>Dance</b> Teacher led activities (e.g. squiggle and just dance)	<b>Dance</b> Teacher led activities (e.g. squiggle and just dance)	<b>Dance</b> Teacher led activities (e.g. squiggle and just dance)	<b>Dance</b> Teacher led activities (e.g. squiggle and just dance)	<b>Dance</b> Teacher led activities (e.g. squiggle and just dance)
R	Daily	<b>Fundamental Movement Skills</b> Outdoor play and teacher led activities	<b>Fundamental Movement Skills</b> Outdoor play and teacher led activities	<b>Fundamental Movement Skills</b> Outdoor play and teacher led activities	<b>Fundamental Movement Skills</b> Outdoor play and teacher led activities	<b>Fundamental Movement Skills</b> Outdoor play and teacher led activities	<b>Fundamental Movement Skills</b> Outdoor play and teacher led activities
	2	<b>Dance</b> Teacher led activities	<b>Dance</b> Teacher led activities	<b>Fundamental Movement Skills</b> Teacher led P.E lesson.	<b>Fundamental Movement Skills</b> Teacher led P.E lesson.	<b>Gymnastics</b> Teacher led P.E lesson.	<b>Gymnastics</b> Teacher led P.E lesson.

1	1	<b>Fundamental movement skills</b> Athletics focus.	<b>Gymnastics</b>	<b>Dance</b> Topic focus	<b>Gymnastics</b>	<b>Fundamental movement skills</b> Striking and fielding focus.	<b>Team building</b>
	2	<b>Fitness</b> Personal challenge and wellbeing	<b>Dance</b> Topic focus	<b>Fundamental movement skills</b> Net/wall focus.	<b>Fundamental movement skills</b> Invasion games focus.	<b>Fundamental movement skills</b> Dodgeball focus.	<b>Athletics</b> Focus on athletics events.
2	1	<b>Fundamental movement skills</b> Athletics focus.	<b>Gymnastics</b>	<b>Dance</b> Topic focus	<b>Gymnastics</b>	<b>Fundamental movement skills</b> Striking and fielding focus.	<b>Team building</b>
	2	<b>Fitness</b> Personal challenge and wellbeing	<b>Dance</b> Topic focus	<b>Fundamental movement skills</b> Net/wall focus.	<b>Fundamental movement skills</b> Invasion games focus.	<b>Fundamental movement skills</b> Dodgeball focus.	<b>Athletics</b> Focus on athletics events.
3	1	<b>Athletics</b> Jumping for height and distance. Running for speed.	<b>Gymnastics</b>	<b>Dance</b> Topic focus.	<b>Gymnastics</b>	<b>Striking and fielding</b> Rounders focus.	<b>OAA – Collaboration and team building</b>
	2	<b>Fitness</b> Personal challenge and wellbeing	<b>Dance</b> Topic focus	<b>Net/wall Games</b> Tennis focus.	<b>Invasion Games</b> Basketball focus	<b>Team Games</b> Dodgeball focus.	<b>Athletics</b> P.B and strength focus.

4	1	<b>Athletics</b> Running for endurance and throwing (push and pull).	<b>Gymnastics</b>	<b>Dance</b> Topic focus.	<b>Gymnastics</b>	<b>Team Games</b> Dodgeball focus	<b>OAA – Collaboration and team building</b>
	2	<b>Fitness</b> Personal challenge and wellbeing	<b>Dance</b> Topic focus	<b>Net/wall Games</b> Tennis focus.	<b>Invasion Games</b> Basketball focus.	<b>Striking and fielding</b> Rounders focus.	<b>Athletics</b> P.B and strength focus
5	1	<b>Athletics</b> Running for speed and in a relay	<b>Gymnastics</b>	<b>Dance</b> Street Dance focus	<b>Gymnastics</b>	<b>Sports Leadership</b> Dodgeball focus	<b>OAA – Collaboration and team building</b>
	2	<b>Fitness</b> Personal challenge and wellbeing	<b>Dance</b> Topic focus	<b>Net/wall Games</b> Volleyball focus.	<b>Invasion Games</b> Basketball focus.	<b>Striking and fielding</b> Rounders focus.	<b>Athletics</b> P.B and strength focus
6	1	<b>Athletics</b> To run over barriers, throwing for height and distance (push, pull, heave and sling)	<b>Gymnastics</b>	<b>Dance</b> Street dance focus.	<b>Gymnastics</b>	<b>Sports Leadership</b> Dodgeball focus.	<b>OAA – Collaboration and team building and residential</b>
	2	<b>Fitness</b> Personal challenge and wellbeing	<b>Dance</b> Street dance focus.	<b>Net/wall Games</b> Volleyball focus.	<b>Invasion Games</b> Basketball focus.	<b>Striking and fielding</b> Rounders focus.	<b>Athletics</b> P.B Focus