



St Silas Primary School

PE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Rec	Basic Skills Spatial awareness	Basic Skills Movements	Basic Skills Rolling, throwing	Basic Skills Catching	Athletics Running, throwing, jumping	Athletics Running, throwing, jumping
YEAR 1/2	Basic Skills rolling, throwing, catching	Basic Skills rolling, throwing, catching	Basic Skills Striking, fielding	Team Games	Athletics Running, throwing, jumping	Athletics Running, throwing, jumping
YEAR 3	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
YEAR 4	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Athletics	Handball (Invasion Games)
YEAR 5	Tag Rugby (Invasion Games)	Hockey (Invasion Games)	Dance	Netball	Athletics	Cricket (Striking/Fielding)

YEAR 6	Tennis (Net/Wall)	Tag Rugby (Invasion Games)	Hockey (Invasion Games)	Football (Invasion Games)	Athletics	Orienteering (Outdoor)
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