PE Unit Overview 2022-2023

Nursery 1&2 and Reception: Physical Development Early Learning Goal-Developing Gross Motor Skills. Forest school

Key Stage 1: Dance, Gymnastics, Simple Games and continue to develop Fundamental Movement Skills (FMS) through invasion games, OAA type activities. Forest school

Key Stage 2: Dance, Gymnastics, Games-Invasion, OAA. Forest school. Swimming will be delivered at Key Stage 2.

The Planning for each unit of delivery & Assessment & Recording activities are on the Succeedin Platform, along with thematic delivery for Early Years.

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer**  **1** | **Summer 2** |
| **Nursery** | **Physical Development Gross Motor Skills**  **Forest School (4 Weeks)** | | **Physical Development Gross Motor Skills**  **Forest School (2 Weeks)** | **Physical Development Gross Motor Skills**  **Forest School (3 Weeks)** | **Physical Development Gross Motor Skills** | |
| **Reception** | **Gymnastics**  **Forest School (4 Weeks)** | | **Fundamental Movement Skills (Run, jump, balance)**  **Forest School (2 Weeks)** | **Dance**  **Forest School (3 Weeks)** | **Fundamental Movement Skills (Hop, skip, sidestep)** | **Fundamental Movement Skills (Roll, underarm & overarm throw)** |
| **Year 1** | **Gymnastics**  **Forest School (4 Weeks)** | | **Fundamental Movement Skills (Run, jump, balance)** | **Dance**  **Forest School (3 Weeks)** | **Fundamental Movement Skills**  **(Hop, skip, sidestep)**  **Forest School (2 Weeks)** | **Fundamental Movement Skills (Roll, underarm & overarm throw)** |
| **Year 2** | **Gymnastics**  **Forest School (4 Weeks)** | | **Fundamental Movement Skills (Run, jump, balance)** | **Dance**  **Forest School (3 Weeks)** | **Fundamental Movement Skills**  **(Hop, skip, sidestep) Forest School (2 Weeks)** | **Fundamental Movement Skills (Roll, underarm & overarm throw)** |
| **Year 3** | **Gymnastics**  **SWIMMING**  **Forest School (4 Weeks)** | | **Outdoor Activities**  **SWIMMING** | **Dance**  **SWIMMING** | **GAMES (Invasion)**  **SWIMMING**  **Forest School (5 Weeks)** | |
| **Year 4** | **Gymnastics**  **SWIMMING**  **Forest School (4 Weeks)** | | **Outdoor Activities**  **SWIMMING** | **Dance**  **SWIMMING** | **GAMES (Invasion)**  **SWIMMING**  **Forest School (5 Weeks)** | |
| **Year 5** | **Gymnastics**  **SWIMMING** | | **Outdoor Activities**  **SWIMMING**  **Forest School (4 Weeks)** | **Dance**  **SWIMMING** | **GAMES (Invasion)**  **SWIMMING**  **Forest School (5 Weeks)** | |
| **Year 6** | **Gymnastics**  **SWIMMING** | | **Outdoor Activities**  **SWIMMING**  **Forest School (4 Weeks)** | **Dance**  **SWIMMING** | **GAMES (Invasion)**  **SWIMMING**  **Forest School (5 Weeks)** | |