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)** |