



# Year Group Overview

## Physical Education 2023-2024



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	Personal Care	Dance Fairy Tales	Teamwork and Leadership	Skill based challenge	Athletics (Sports Day)	Mindfulness
	OAA	Games- Ball Skills	Games- Throwing and Catching	Gymnastics Agility, space and movement	Gymnastics Balance	Skill based challenge
<b>Year 1</b>	Gym 1 Exploring Space	Dance 1	Gym 2 Sequence and Performance	Dance 2	Athletics (Sports Day)	Mindfulness
	OAA	Games 1 Ball Skills	Games 2 Throwing and Catching	Games 3 Team Games	Games 4 Sport specific (football and rugby)	Games 5 Circuits
<b>Year 2</b>	Gym 1 Mirroring and Balancing	Dance 1	Gym 2 Sequence and Performance	Dance 2	Athletics (Sports Day)	Mindfulness
	OAA	Games 1 Ball Skills	Games 2 Object control	Games 3 Team Games	Games 4 Sport specific (hockey and basketball)	Games 5 Target sports (tri golf)
<b>Year 3</b>	Gym 1 Small apparatus	Dance 1	Gym 2 Jumping and Landing	Dance 2	Athletics (Sports Day)	Mindfulness
	OAA	Invasion Games Football	Invasion Games Netball	Invasion Games Hockey	Invasion Games Tag Rugby	Striking/Fielding Games- Cricket
<b>Year 4</b>	Gym 1 Small apparatus	Dance 1	Gym 2 Sequence and Performance (groups)	Dance 2	Athletics (Sports Day)	Mindfulness
	OAA	Invasion Games- Handball	Invasion Games Basketball	Net/Wall Games- Volleyball	Net/Wall Tennis	Striking/Fielding Games- Rounders

<b>Year 5</b>	Gym 1 Small apparatus	Dance 1	Gym 2 Headstands and roll	Dance 2	Athletics (Sports Day)	Target Games - Archery
	OAA	Invasion Games- Football	Invasion Games Netball	Invasion Games Hockey	Invasion Games- Tag Rugby	Striking/Fielding Games- Cricket
<b>Year 6</b>	████	████	████	████	████	████
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