

Year Group Overview Physical Education 2023-2024



	Autumn	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Reception	Person	Personal Care		Dance Fairy Tales		Teamwork and Leadership		Skill based challenge		Athletics (Sports Day)		Mindfulness	
	OAA (Progressive planning)		Games- Ball Skills		Games- Throwing and Catching		Gymnastics Agility, space and movement		Gymnastics Balance		Skill based challenge		
Year 1	Gym 1 Exploring space	OAA	Dance 1	Games 1 Ball skills	Gym 2 Sequence and Performance	Games 2 Throwing and catching	Dance 2	Games 3 Team Games	Athletics (Sports Day)	Games 4 Football and rugby	Mindfulness	Games 5 Circuits	
Year 2	Gym 1 Mirroring and balance	OAA	Dance 1	Games 1 Ball skills	Gym 2 Sequence and Performance	Games 2 Object control	Dance 2	Games 3 Team Games	Athletics (Sports Day)	Games 4 Hockey and basketball	Mindfulness	Games 5 Target sports	
Year 3	Gym 1 Small apparatus	OAA	Dance 1	Invasion Games Football	Gym 2 Jumping and landing	Invasion Games Netball	Dance 2	Striking/ Fielding Games- Cricket	Athletics (Sports Day)	Invasion Games Tag Rugby	Mindfulness	Net/wall badmint on JC Academy	
Year 4	Gym 1 Small apparatus	OAA	Dance 1	Invasion Games Handball	Gym 2 Sequence and Performance (groups)	Invasion Games Basketball	Dance 2	Striking/ Fielding Games- Rounders	Athletics (Sports Day)	Target Games	Mindfulness	Net/wall Tennis JC Academy ?	
Year 5	Gym 1 Small apparatus	OAA	Dance 1	Invasion Games Football	Gym 2 Headstands and rolls	Invasion Games Netball	Dance 2	Striking/ Fielding Games- Cricket	Athletics (Sports Day)	Invasion Games Hockey	Mindfulness	Net/wall Tennis JC Academy ?	
Year 6													

