



Physical Education – Whole School Overview

Year Group	Autumn		Spring		Summer	
Rec	Dance Exploration and Development	Multi skills Basic motor skills Lessons 1-6	Gymnastics Travelling	Bat and Ball Hitting and target games	Football Kicking and handling	Swimming Confidence/ Movement through water
1	Dance Exploring Actions	Multi skills Spatial awareness and Dodging techniques Lessons KS1 1-6	Gymnastics Supporting weight Stretching and curling	Bat and Ball Hitting and target games	Football Kicking and handling Scoring Points	Swimming Basic front and back paddle Intro to breast stroke and dolphin kick
2	Dance Levels, Directions and Speed	Multi skills Agility, Balance and Coordination Lessons KS1 1-6	Gymnastics Supporting weight Transfer of weight Flight 1	Bat and Ball Hitting and target games Short tennis 1	Football Running, kicking and dribbling Where's the goal?	Swimming Increase in distance 5-10m on 3 basic strokes Intro to syncro
3	Tag Rugby Passing and receiving Tagging and evasion	Dance Creating Structure	Football Football 1	Gymnastics Symmetry and Asymmetry	Cricket Kwik Cricket 1	Swimming All four strokes basic to improver 1 Times swims 15m Relays/IM
4	Tag Rugby Running with the ball Teamwork	Dance Linking Shape Sections	Football Football 2	Gymnastics Flight 2 7 Action Sequence	Cricket Kwik Cricket Striking and fielding Game tactics	Swimming Improver 1-2 four strokes Making strokes efficient and effective Relays/IM

Outside providers provision and coaching

WOW days

Atorro sports: Lunchtime games and training