



PE: Long term Overview

	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Foundation	Introduction to PE (Units 1 & 2)	Fundamentals (Units 1 & 2)	Dance (Units 1 & 2)	Gymnastics (Units 1 & 2)	Ball Skills (Units 1 & 2)	Games (Units 1 & 2)
Year 1	Team Building Fundamentals	Gymnastics Mindful stretching	Fitness Ball Skills	Sending and Receiving Dance	Invasion Target Games	Athletics Net and Wall
Year 2	Team Building Fundamentals	Gymnastics Mindful stretching	Fitness Ball Skills	Sending and Receiving Dance	Invasion Target Games	Athletics Striking and Fielding
Year 3	Football Gymnastics	Basketball Dance	Tag Rugby Dodgeball	Ball Skills Fitness	Swimming Cricket	Athletics Tennis
Year 4	Football Gymnastics	Netball Dance	Hockey Mindful stretching	Handball Fundamentals	Rounders OOA	Athletics Tennis
Year 5	Football Gymnastics	Basketball Dance	Tag Rugby Dodgeball	Frisbee Fitness	Cricket OOA	Athletics Life Saving
Year 6	Football Gymnastics	Netball Dance	Hockey Mindful stretching	Handball Badminton	Rounders Volleyball	Athletics Tennis