**Physical Education: Long term Overview**

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Foundation** | Introduction to PE  (units 1 & 2) | Fundamentals  (units 1 & 2) | Gymnastics  (units 1 & 2) | Dance  (units 1 & 2) | Ball skills  (units 1 & 2) | Games  (units 1 & 2) |
| **Year 1** | Team building  Dance | Fundamentals  Mindful stretching | Gymnastics  Ball skills | Fitness  ? | Invasion  Striking and fielding | Athletics  Net & wall |
| **Year 2** | Dance  Team building | Fundamentals  Mindful stretching | Gymnastics  Ball skills | Fitness  ? | Invasion  Striking and fielding | Athletics  Net & wall |
| **Year 3** | Dance  Tag rugby | Fundamentals  Basketball | Gymnastics  Golf | Fitness  Ball skills | Cricket  Swimming | Athletics  Swimming |
| **Year 4** | Dance  Football | Dodgeball  Netball | Gymnastics  Hockey | Mindful stretching  Handball | Rounders  OOA | Athletics  Tennis |
| **Year 5** | Dance  Tag rugby | Dodgeball  Basketball | Gymnastics  Golf | Badminton  Fitness | Cricket  Volleyball | Athletics  OAA |
| **Year 6** | Dance  Football | Mindful stretching  Netball | Gymnastics  Hockey | Badminton  Handball | Rounders  Volleyball | Athletics  Tennis |