**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 buildingDance  | FundamentalsMindful stretching | Gymnastics Ball skills | Fitness? | InvasionStriking and fielding | AthleticsNet & wall |
| **Year 2** | Dance Team building | FundamentalsMindful stretching  | Gymnastics Ball skills | Fitness? | InvasionStriking and fielding | AthleticsNet & wall |
| **Year 3** | DanceTag rugby | FundamentalsBasketball | Gymnastics Golf | FitnessBall skills | CricketSwimming | AthleticsSwimming |
| **Year 4** | DanceFootball | DodgeballNetball | Gymnastics Hockey | Mindful stretchingHandball | RoundersOOA | AthleticsTennis |
| **Year 5** | DanceTag rugby | DodgeballBasketball | Gymnastics Golf | BadmintonFitness | CricketVolleyball | AthleticsOAA |
| **Year 6** | DanceFootball | Mindful stretchingNetball | Gymnastics Hockey | BadmintonHandball | RoundersVolleyball | AthleticsTennis |