

PE Yearly Overview



Motor Competence	Rules, strategies and tactics	Healthy participation

<https://www.gov.uk/government/publications/research-review-series-pe/research-review-series-pe>

We use the 'Get Set 4 PE' scheme of learning for all PE lessons other than swimming.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Dance	Introduction to PE unit	Fundamentals 1	Introduction to ball skills	Introduction to gymnastics	Fundamentals 2
Year 1	Dance	Sending and Receiving	Gymnastics	Fitness	Striking and Fielding	Fitness
	Ball Skills	Team Building	Fundamentals	Target Games	Yoga	Target games
Year 2	Dance	Invasion	Net and Wall	Ball skills	Athletics	Fitness
	Gymnastics	Team Building	Fundamentals	Target Games	Striking and Fielding	Target games
Year 3	Dance	Gymnastics	Hockey	Hockey	Fitness	Athletics
	Ball skills	Ball skills	Fundamentals	Fundamentals	Football	Team invasion games
Year 4	Dance	Fundamentals	Swimming		Gymnastics	Athletics
	Ball skills	OAA	Tennis	Tennis	Fitness	Fitness

Year 5	Gymnastics	Netball	Cricket	Football	Fitness	Fitness
	Fundamentals	Yoga / OAA	Ball Skills	Dance	Hockey	Rounders
Year 6	Dance	Fundamentals	Gymnastics	Tennis	Tennis	Athletics
	Dance	Fitness	Volleyball	Volleyball	Fitness	