



Whole school P.E. overview

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
REC	Sending and Receiving - Object Manipulation	Fundamental Movement Skills	Strength and Conditioning	Agility	Use of Apparatus	Sending and Receiving - Gross Motor
1	IG Football 1&2	Gymnastics and Dance 1&3	NandW Tennis 1&2	OAA 1	Athletics 1	SandF Cricket 1&2
2	OAA 1	NandW Tennis 1&2	Gymnastics and Dance 1&3	IG Football 1&2	SandF Cricket 1&2	Athletics 1
3	Gymnastics and Dance Swimming 6,7,9,10,11&12	NandW Tennis Swimming 4,5,10,11 & 12	OAA Swimming 8,10,11&12	IG Basketball Swimming 4,5,9,10,11&12	Athletics 4&9	SandF Cricket 4&5
4	NandW Tennis 4&5	OAA 8	IG Handball 4&5	Gymnastics and Dance 6,7&9	SandF Rounders 4&5	Athletics 4&9
5	NandW Table Tennis 4&5	IG Hockey 4,5&8	OAA 8	Gymnastics and Dance 6,7&9	Athletics Swimming 4,9,10,11&12	SandF Cricket Swimming 4,5,10,11&12
6	IG Rugby 4,5&8	OAA 8	Gymnastics and Dance 6,7&9	NandW Table Tennis 4&5	SandF Baseball/Softball 4&5	Athletics 4&9

Key stage 1

1. Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
2. Participate in team games, developing simple tactics for attacking and defending
3. Perform dances using simple movement patterns.

Key stage 2

4. Use running, jumping, throwing and catching in isolation and in combination
5. Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
6. Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
7. Perform dances using a range of movement patterns
8. Take part in outdoor and adventurous activity challenges both individually and within a team
9. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

In key stage 1 or 2

10. Swim competently, confidently and proficiently over a distance of at least 25 metres
11. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
11. Perform safe self-rescue in different water-based situations.

Key -

OAA - Outdoor and Adventure

NandW - Net and Wall

SandF - Striking and Fielding

IG - Invasion Games