

# PE Yearly Overview 2023-2024



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	<p><b>“Drawing Lines and Circles”</b></p> <p>Mark Making Through movement (linked across all aspects of PE)</p>	<p><b>Games</b> Focus on: 'Rolling balls and other objects'</p> <p><b>Dance</b> Focus on: Spatial awareness Musicality</p> <p>Hand eye co-ordination</p>	<p><b>Gymnastics</b> Focus on: Traveling and balancing on different parts of the body</p> <p><b>Games:</b> Focus on: 'Aiming skills using a variety of balls and other objects'</p>	<p><b>Dance</b></p> <p>Dance a story</p> <p><b>Games:</b> Focus on: 'Throwing and catching skills'</p>	<p><b>Games:</b> Getting ready for sports day</p> <p><b>Games:</b> Focus on: 'Kicking and dribbling activities'</p>	<p><b>Dance</b> Dance to known Songs</p> <p><b>Games:</b> Focus on: 'Striking skills'</p>
<b>Year 1</b>	<p><b>Games</b> Bouncing &amp; Catching</p> <p>Traveling with the ball</p>	<p><b>Gymnastics</b> Traveling</p> <p>Transferring weight</p> <p>Different Movements Sequencing</p>	<p><b>Dance</b> Simple movement patterns</p> <p>Exploring gesture and formation</p>	<p><b>Dance</b> Exploring patterns &amp; pathways</p> <p>Telling a story through dance</p>	<p><b>Games</b> Sending and Receiving</p>	<p><b>Games</b> Health ABCs</p> <p>Sports Day Activities</p>
<b>Year 2</b>	<p><b>Games</b> Dribbling</p> <p>Throwing &amp; Catching</p>	<p><b>Dance</b> Simple movement patterns</p> <p>Exploring gesture and formation</p>	<p><b>Gymnastics</b> Balance</p> <p>Part high and low</p>	<p><b>Gymnastics</b> Jumping and Landing</p> <p>Spinning &amp; Turning</p>	<p><b>Games</b> Sending and Receiving Skills</p> <p>Hitting &amp; Striking</p>	<p><b>Games</b> Running, Jumping &amp; Hoping</p> <p>Sports Day Activities</p>
<b>Year 3</b>	<p><b>Invasion Games</b> Sending and receiving</p> <p>Creating Space</p>	<p><b>Net and Wall</b> Directing the ball</p>	<p><b>Dance</b> Linking dance actions</p> <p><b>Outdoor adventurous Activities</b> Using simple trails/diagrams</p>	<p><b>Gymnastics</b> Traveling with a change of direction</p> <p>Stretching and curling</p> <p>Create and perform a five element sequence</p>	<p><b>Athletics</b> Running, throwing, jumping</p>	<p><b>Striking and Fielding</b> How to hit or strike the ball into space</p> <p>Fielding as a team</p>
<b>Year 4</b>	<p><b>Invasion Games</b> Controlling and receiving</p> <p>Keeping possession of the ball</p>	<p><b>Dance</b> Exploring different dance from around the world</p>	<p><b>Gymnastics</b> Balance</p> <p>Receiving body weight</p> <p>Create and perform a six element sequence</p>	<p><b>Net and Wall</b> Applying Tactics</p> <p><b>Outdoor adventurous Activities</b> Following plans and solving problems</p>	<p><b>Striking and Fielding</b> Fielding as a team</p>	<p><b>Athletics</b> Developing good running, throwing and jumping techniques</p>
<b>Year 5</b>	<p><b>Invasion Games</b></p> <p>Support play and formations when attacking</p>	<p><b>Dance</b></p> <p>Formations in historical dance</p>	<p><b>Net and Wall</b> Develop individual shots</p>	<p><b>Gymnastics</b> Bridge</p> <p>Weight on hands/bridges</p>	<p><b>Striking and Fielding</b> Cricket</p> <p>Role of bowler, wicket keeper, backstop, fielder and batter</p>	<p><b>Athletics</b> Set targets &amp; improve performance in running, jumping and throwing activities</p>

	<b>Swimming</b>	<b>Swimming</b>		Create and perform an eight element sequence		
<b>Year 6</b>	<b>Invasion Games</b> Attacking and defending play  Teamwork and formations  <b>Outdoor adventurous Activities</b> Effective group working	<b>Net and Wall</b> Developing game play	<b>Dance</b>  Visual media  Putting on a performance	<b>Gymnastics</b> Counter balance/ counter tension  Matching and mirroring  Create and perform a ten element sequence	<b>Striking and Fielding</b> Tactical play and officiating	<b>Athletics</b> Develop technical understanding of athletic activity  <b>Outdoor adventurous Activities</b> Responding to challenges
<b>Extra Opportunities</b>	<b>Swimming</b> Year 5	<b>Swimming</b> Year 5  <b>Residential trip</b> Year 6				