

PE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	First PE	Gymnastics	Enjoy a ball Forest School	Football fundamentals Forest School	Tennis Forest School	Athletics Olympic Dance Forest School
Year 1	Forest School Gymnastics	Multi skills Winter dance	Ball games Fairytale Dance	Social Dodgeball Gymnastics	Athletics (indoor) Yoga	Kwik cricket Orienteering
Year 2	Ball skills (12 lessons) Great Fire of London dance	Ball skills continued Gymnastics	Rugby fundamentals Gymnastics	Football fundamentals Tennis	Athletics Space dance	Mini Muay Thai Orienteering
Year 3	Quicksticks Self Defence	Multi skills Gymnastics	Kwik cricket Egyptian Dance	Netball Gymnastics	Athletics (indoor) Romans Dance	Rounders Orienteering
Year 4	Greatest Showman Dance Fitness	Handball Gymnastics	Football Eco Warrior Dance	Dodgeball Gymnastics	Athletics Leadership	Tennis Orienteering

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Rationale:

	Continuous	EYFS/KS1/KS2 Progression	Something different
EYFS	Gymnastics x1 Dance x1 First PE Athletics	Ball Skills Football Tennis	Pirate Fitness
Year 1	Orienteering Gymnastics x2 Dance x2 Athletics	Multi skills Ball games Dodgeball Cricket	Yoga
Year 2	Orienteering Gymnastics x2 Dance x2 Athletics	Ball Skills Football Tennis Fitness	Rugby Fundamentals Mini Muay Thai
Year 3	Orienteering Gymnastics x2 Dance x2 Athletics	Multi skills Cricket	Quicksticks Hockey Netball Rounders Self Defence
Year 4	Orienteering Gymnastics x2 Dance x2 Athletics	Multi skills Football Dodgeball Tennis	Swimming Leadership Handball Fitness

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