

**Physical Education- overview o**

	Autumn Term				Spring Term				Summer Term			
	A Topic	Skills to be taught	B Topic	Skills to be taught	A Topic	Skills to be taught	B Topic	Skills to be taught	A Topic	Skills to be taught	B Topic	Skills to be taught
Yr 1 (A)	Games skills - Netball	Running Jumping Throwing Catching Attacking Defending	Net/ wall games - Badminton	Striking Running Co-ordination Agility	Dance	Agility Co-ordination Poise Evaluating performance Co-operation	Net/wall games - Tennis	Striking Running Co-ordination Agility	Hockey	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Cricket	Strike Field Throwing Catching Running Sports man ship
Yr 1 (B)	Gymnastics – floor work	Balance Agility Co-ordination Evaluation Co-operation	Dance - play	Agility Co-ordination Poise Evaluating performance Co-operation	Ball skills - Football	Running Passing Throwing Attacking Defending	Gymnastics - apparatus	Balance Agility Co-ordination Evaluation Co-operation	Striking and fielding games - rounders	Striking Fielding Team work Tactics	Athletics	Agility Running Jumping Throwing Catching
Yr 2 (A)	Floor Work Gymnastics	Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina	Tag Rugby	Attack Defend Spatial Throwing Catching Coordination	Dance	Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina Coordination	Games Tennis	Hitting Movement Spatial Awareness Throwing Running Jumping Foot work	Rounders	Hitting Movement Spatial Awareness Throwing Running Jumping Foot work	Athletics	Running Jumping Throwing Catching Control Balance Skipping Jumping Poise Technique
Yr 2 (B)	Games Hockey	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Dance	Flexibility Control Balance Comparing performance Strength Poise Technique Stamina Coordination	Games Football	Attack Defend Spatial Awareness Running Jumping Foot work Dribbling Passing	Gymnastics Apparatus	Flexibility Control Balance Comparing performance Strength Poise Technique Stamina	Basketball	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Cricket	Strength Stamina Essential swimming skills
Yr 3 (A)	Gymnastics	Rhythmic and floor work. Control, movement, performance, sequencing, comparing, evaluating	Dance	Control Sequence, presentation, combining, strength, evaluating	Gymnastics	Apparatus Balance, movement, balance	Badminton	Striking Running Co-ordination Agility	Tennis	Hitting Movement Spatial Awareness Throwing Running Jumping Foot work	Cricket	Strike Field Throwing Catching Running Sports man ship

Yr 3 (B)	Basketball	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Football	Attack Defend Spatial Awareness Throwing Catching Running	Hockey	Attack Defend Spatial Awareness Throwing Catching Running	Tag Rugby	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Athletics	Running Jumping Throwing Catching Control Balance Comparing performance. Strength Poise Technique	Rounders	Strike Field Throwing Catching Running Sports man ship
Yr 4 (A)	Tag Rugby	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Badminton	Hitting Movement Spatial Awareness Throwing Running Jumping Foot work	Netball	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Football	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Cricket	Strike Field Throwing Catching Running	Athletics	Running Jumping Throwing Catching Control Balance Comparing performance. Strength Poise Technique
Yr 4 (B)	Dance	Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina	Gym- Floor	Flexibility Control Balance Comparing performance . Strength Poise Technique Stamina	Swimming	Strength Stamina Essential swimming skills	Gym- Apparatus	Flexibility Control Balance Comparing performance . Strength Poise Technique Stamina	Benchball	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Badminton	Striking Running Co-ordination Agility
Yr 5 (A)	Floor work Gymnastics	Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina	Hockey	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Apparatus Gymnastics	Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina	Swimming			Strength Stamina Suppleness Essential swimming skills  Life-saving skills		

Yr 5 (B)	Tag Rugby	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Dance	Flexibility Control Balance Comparing performance . Strength Poise Technique Stamina	Football	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Badminton/T ennis	Hitting Movement Spatial Awareness Throwing Running Jumping Foot work	Athletics	Running Jumping Throwing Catching Control Balance Comparing performance. Strength Poise Technique	Rounders	Strike Field Throwing Catching Running
Yr 6 (A)	Badminton/T ennis	Hitting Movement Spatial Awareness Throwing Running Jumping Foot work	Basketball	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Tag Rugby	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Hockey	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Cricket	Strike Field Throwing Catching Running	Rounders	Strike Field Throwing Catching Running
											Outdoor & Adventurous (Robin Wood)	Archery Climbing Problem Solving Raft Building Canoeing
Yr 6 (B)	Football	Attack Defend Spatial Awareness Throwing Catching Running Jumping Foot work	Floor Gymnastics	Flexibility Control Balance Comparing performance . Strength Poise Technique Stamina	Dance	Flexibility Control Balance Comparing performance. Strength Poise Technique Stamina	Gymnastics - Apparatus	Flexibility Control Balance Comparing performance . Strength Poise Technique Stamina	VolleyBall	Hitting Movement Spatial Awareness Throwing Running Jumping Foot work	Athletics	Running Jumping Throwing Catching Control Balance Comparing performance. Strength Poise Technique