



PE Long Term Overview						
Motor competence		Rules, strategies and tactics			Healthy participation	
accurate movements, movement patterns, movement techniques and sequences		conventions, regulations, strategies that are specific to participation in an activity/sport			safe practice, how to participate, short- and long-term impacts of participation	
	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Nursery	Introduction to PE	Fundamentals	Gymnastics	Dance	Ball Skills	Games
Reception	Introduction to PE	Fundamentals	Gymnastics	Dance	Ball Skills	Games
Year 1	Fundamentals	Gymnastics	Dance	Invasion	Athletics	Team Building
	Ball Skills	Sending and Receiving	Target Games	Fitness	Net and Wall	Striking and Fielding
Year 2	Fundamentals	Gymnastics	Dance	Invasion	Athletics	Team Building
	Ball Skills	Sending and Receiving	Target Games	Fitness	Net and Wall	Striking and Fielding
Year 3	Fundamentals	Gymnastics	Dance	Dodgeball	Athletics	Cricket
	Ball Skills	Netball	Tennis	Tag Rugby	Handball	OAA
Year 4	Fitness	Dance	Gymnastics	Dance	Athletics	Rounders
	Football	Basketball	Hockey	Tennis	Golf	OAA
Year 5	Fitness	Dance	Gymnastics	Badminton	Athletics	OAA
	Football	Netball	Dodgeball	Tag Rugby	Tennis	Cricket
Year 6	OAA	Gymnastics	Dance	Tennis	Athletics	Rounders
	Golf	Basketball	Hockey	Handball	Volleyball	Swimming

Key

Gymnastics	Dance	Invasion	Net/Wall	Outdoor Adventrous Activities
Target Games	Fundamentals/Ball Skills/Sending Recieving	Athletics	Swimming	Striking and Fielding
Fitness				