

PE Overview

Areas of study: Physical competence, Rules, tactics, strategies, Healthy, active lifestyle

Substantive concepts: Health and fitness, Teamwork

EYFS Overview

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery (Gross)	Balancing, riding, balls, steps, skip, hop	Move to music, move flags, make marks	Match movement to activity	Collaborate in movement, confidence to travel over/under	Jumping, negotiating space.	Range of movements, adapt and change.
Nursery (Fine)	One handed tools			Pencil grip, dressing	Dominant hand	
R (Gross)	Lining up/queuing	Fundamental movements	Large and small apparatus, posture	Strength, balance, coordination	Fluency of movement ready for gym, dance, sports	Ball skills. Accuracy, precision of movement.
R (Fine)	Fine motor skills, pencils, scissors	Same skills with confidence and safely.	Writing letters	Writing letters	Holding pencil to form letters correctly	Efficient handwriting style

Lesson 1 Overview

R		Introduction to PE: Unit 1		Introduction to PE: Unit 2		Fundamentals: Unit 1		Dance: Unit 1		Ball skills: Unit 1	
1	Games (Fundamentals)	Games (ball skills)		Games (Sending and Receiving)		Games (Net and Wall)		Games (Striking and Fielding)		Games (Invasion)	
2	Games (ball skills)	Games (Fundamentals)		Games (Net and Wall)		Games (Sending and Receiving)		Games (Invasion)		Games (Striking and Fielding)	
3	Games (Football)	Games (Tennis)		Games (Basketball)		Games (Netball)		Games (Rounders)		Games (OAA)	
4	Games (Tennis)	Games (Football)		Games (Dodgeball)		Games (Basketball)		Games (Athletics)		Games (Athletics)	
5	Games (Tag Rugby)	Games (Basketball)		Games (Fitness)		Games (Football)		Games (Athletics)		Games (Athletics)	
6	Games (Football)	Games (Dodgeball)		Games (Netball)		Games (Tennis)		Games (Athletics)		Games (Athletics)	

PE Overview

Lesson 2 Overview

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
1		Gymnastics		Gymnastics		Dance		Dance		Dance		Dance
2		Gymnastics		Gymnastics		Dance		Dance		Gymnastics		Athletics
3		Gymnastics		Gymnastics		Dance		Dance		Athletics		Gymnastics
4		Gymnastics		Gymnastics		Dance		Dance		Gymnastics		OAA
5		Swimming		Swimming		Swimming		Swimming		Swimming		Swimming
6		Gymnastics		Gymnastics		Dance		Dance		Gymnastics		Rounders