

PE Yearly Overview 2024-2025



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

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