

PE - Topic Overview

September 2023

	Autumn 1: 7 Weeks	Autumn 2: 8 Weeks	Spring 1: 6 Weeks	Spring 2: 5 Weeks	Summer 1: 7 Weeks	Summer 2: 6 Weeks
Nursery	<p>Each morning nursery will alternate teaching of 'Squiggle While You Wiggle' and 'Dough Disco' 5 x per week.</p> <p>For PE lessons, the lesson objectives are to be taken from the Development Matters document and focus on skills for the abilities of those children.</p>					
Reception	Introduction to PE - Unit 2	Dance – Unit 2	Gymnastics - Unit 2	Ball Skills - Unit 1	Fundamentals - Unit 1	Games - Unit 2
Year 1	Fundamentals Team Building	Dance Fitness	Gymnastics Target Games	Ball Skills Sending and Receiving	Athletics Striking and Fielding	Yoga Invasion
Year 2	Yoga Team Building	Gymnastics Fitness	Dance Target Games	Ball Skills Sending and Receiving	Athletics Striking and Fielding	Fundamentals Invasion
Year 3	Dance Fundamentals	Gymnastics Fitness	Yoga Ball Skills	OAA Athletics	Hockey Tennis	Cricket Tag rugby
Year 4	Swimming Fitness	Swimming Dance	Swimming Yoga	Swimming Athletics	Swimming Rounders	Swimming Football
Year 5	Dance Fitness	Gymnastics Hockey	Yoga Tennis	OAA Athletics	Netball Dodgeball	Cricket Tag rugby
Year 6	Dance Fitness	Gymnastics Volleyball	Yoga Tennis	OAA Athletics	Handball Rounders	Golf Football