Hipswell Church of England Primary School PE Overview

FMS Locomotion Stability - Dynamic and Static skills Control Control Control Dinosaurs Nursery Rhymes Ourselves High, Low, Over, Under tanding Hands Feet Rackets, Bats, Balls and Balloons Feet Rackets, Bats, Balls and Balls Feet Rackets, Bats, Balls and Balls Feet Rackets, Bats, Balls Rackets, Bats,		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
KEY STAGE 1 Year 1 Outdoor Adventurous Activity Gymnastics Body parts Wide, Narrow, Curled Dance/drama Growing Heros The Zoo Invasion games Attack, defend, score Understanding Games for Understanding Balls Skills Attack, defend, score Games for Understanding Balls Skills Health and Wellbeing Heros The Zoo Dance/drama Ball Skills Gymnastics Body parts Wide, Narrow, Curled Hands Athletics Locomotion: Jumping/Running Jumping/Running Year 2 Outdoor Adventurous Activity Gymnastics Linking Pathways Explorers Mr Candy's Sweet Factory Water Dodging Attack, defend, score Games for Understanding Dodging Ball Skills Rackets, Bats and Balls Health and Wellbeing Growing Dance/drama Ball Skills Feet Gymnastics Linking Athletics	Reception	Locomotion Stability - Dynamic	Manipulation -Object	Dinosaurs Nursery Rhymes	High, Low, Over, Under	Games for Understanding Hands Feet Rackets, Bats, Balls	-,
Year 1 Outdoor Adventurous Activity Gymnastics Body parts Wide, Narrow, Curled Dance/drama Growing Heros The Zoo Attack, defend, score Games for Understanding Rackets, Bats and Balls Health and Wellbeing Health and Wellbeing Activity Dance/drama Growing Heros The Zoo Ball Skills Gymnastics Body parts Wide, Narrow, Curled Locomotion: Jumping/Running Year 2 Outdoor Adventurous Activity Gymnastics Linking Pathways Explorers Mr Candy's Sweet Factory Water Factory Water Growing Dodging Attack, defend, score Games for Understanding Dodging Dodging Rackets, Bats and Balls Health and Wellbeing Growing Dance/drama Growing Ball Skills Gymnastics Linking Gymnastics Linking				KEY STAGE 1		and bandons	
Health and Wellbeing Dance/drama Growing Heros Heros The Zoo Pear 2 Outdoor Adventurous Activity Dance/drama Eall Skills Feet Hands Dance/drama Explorers Mr Candy's Sweet Factory Water Dance/drama Explorers Mr Candy's Sweet Factory Water Dance/drama Ball Skills Feet Dance/drama Ball Skills Factory Understanding Dodging Dance/drama Ball Skills Feet Linking Ball Skills Rackets, Bats and Balls Ball Skills Feet Athletics Linking Athletics Linking	Year 1		Body parts	Dance/drama Growing Heros	Attack, defend, score Games for	Rackets, Bats and	
Activity Linking Pathways Mr Candy's Sweet Factory Water Dodging Health and Wellbeing Dance/drama Growing Feet Attack, defend, score Games for Understanding Dodging Gymnastics Linking Attack, defend, score Balls Games for Understanding Dodging Explorers Balls Games for Understanding Dodging Explorers Balls Feet Linking		Health and Wellbeing	Growing Heros	Feet	Gymnastics Body parts	Locomotion:	
Health and WellbeingDance/dramaBall SkillsGymnasticsAthleticsGrowingFeetLinking	Year 2		Linking	Explorers Mr Candy's Sweet Factory	Attack, defend, score Games for Understanding	Rackets, Bats and	
The Zoo		Health and Wellbeing	Growing Heros	Ball Skills	Gymnastics	Athletics	•

		LO	WER KEY STAG	E 2		
Year 3	Outdoor Adventurous Activity Communication and Tactics Orienteering Problem solving	Gymnastics Cannon and Unison Symmetry and Asymmetry	Dance/drama Weather Wild Animals Witches and Wizards	Gymnastics Cannon and Unison Symmetry and Asymmetry	Striking/fielding games Cricket Rounders Golf	Swimmin
	Invasion games Attack, defend, score Football Hockey	Dance/Drama Weather Wild Animals Witches and Wizards	Invasion games Attack, defend, score Dodgeball Tag Rugby Netball	Net/wall games Tennis	Athletics Athletics Competitions Running Throwing and Jumping	Health and Wel
Year 4	Outdoor Adventurous Activity Communication and Tactics Orienteering Problem solving	Gymnastics Bridges Levels and Directions	Dance/drama Cats Space World War II	Gymnastics Bridges Levels and Directions	Net/wall games Tennis	Striking/field games Cricket Rounders Golf
	Invasion games Attack, defend, score Football Hockey	Dance/Drama Cats Space World War II	Invasion games Attack, defend, score Dodgeball Tag Rugby Netball	Swimming	Athletics Athletics Competitions Running Throwing and Jumping	Health and Wel

		UF	PPER KEY STAGE	2		
Year 5	Outdoor Adventurous Activity Communication and Tactics Orienteering Problem solving	Indoor Athletics Track events: Relay, obstacle relay, over/under relay Standing long jump Standing Triple Jump Vertical Jump Speed bounce Chest push	Invasion games Attack, defend, score Dodgeball Tag Rugby Netball	Dance/drama Greeks Street Art The Circus	Athletics Athletics Competitions Running Throwing and Jumping	Health related Exercise Health related Excercise
	Invasion games Attack, defend, score Football Hockey	Javelin Gymnastics Counter Balance and Counter Tension Flight	Swimming	Net/wall games Badminton Tennis	Gymnastics Counter Balance and Counter Tension Flight	Striking/fieldin games Cricket Rounders Golf
Year 6	Outdoor Adventurous Activity (residential) Communication and Tactics Orienteering Problem solving Leadership	Indoor Athletics Track events: Relay, obstacle relay, over/under relay Standing long jump Standing Triple Jump Vertical Jump Speed bounce Chest push Javelin	Invasion games Attack, defend, score Dodgeball Tag Rugby Netball	Dance/drama Carnival Prejudice and Discrimination Titanic	Athletics Athletics Competitions Running Throwing and Jumping	Health related Exercise Health related Excercise
	Swimming	Invasion games Attack, defend, score Football Hockey	Gymnastics Creating Sequences Matching and Mirroring	Net/wall games Badminton Tennis	Gymnastics Creating Sequences Matching and Mirroring	Striking/fielding games Cricket Rounders Golf

There is flexibility within this plan at teachers' discretion. However, the teacher must ensure that the amount of units of each strand are delivered. External coaching sessions, CPD opportunities, poor weather and Level 2 competition preparation are key examples when flexibility is required.

Cross Curricular Links

Year 2 – DT (Healthy Wrap)

PSHE Spring 2 – Healthy Me

Science – Animals including Humans