

Hipswell Church of England Primary School PE Overview

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

LOWER KEY STAGE 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	Swimming
	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 Wellbeing Mindfulness
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/fielding 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 Wellbeing Mindfulness

UPPER 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 Javelin	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 Exercise
	Invasion games Attack, defend, score Football Hockey	Gymnastics Counter Balance and Counter Tension Flight	Swimming	Net/wall games Badminton Tennis	Gymnastics Counter Balance and Counter Tension Flight	Striking/fielding 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 Exercise
	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