



# PE Long-term Overview

<b>EYFS</b>	<p><b>Communication and Language:</b> Follow instructions involving several ideas and actions.</p> <p><b>Physical Development:</b> Show good control and coordination in large and small movements. Move confidently in a range of ways, safely negotiating space. Handle equipment and tools effectively. Know about the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.</p> <p><b>Personal, Social and Emotional Development:</b> Be confident to try new activities and say why they like some activities more than others. Work as part of a group or class, and understand and follow the rules. Play cooperatively, taking turns with others. Take account of one another's ideas about how to organise their activity.</p> <p><b>Understanding the World:</b> Know that children don't always enjoy the same things, and be sensitive to this.</p> <p><b>Expressive Art and Design:</b> Sing songs, make music and dance, and experiment with ways of changing them. Represent own ideas, thoughts and feelings through design and technology, art, music, dance, role-play and stories.</p> <p><b>EYFS will also do explicit units of Gymnastics, Dance, Ball skills and Athletics.</b></p>
-------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Cycle A	Year 1		Year 2		Year 3/4		Year 5/6	
<b>Autumn</b>	Choreographed - Dinosaur Stomp  Netball Skills	Indoor Fitness  Football Skills	Indoor Fitness  Netball Skills	Choreographed Dance - Nativity  Football Skills	Creative Dance – Through the Ages  Football Skills	Indoor Athletics  Basketball Skills	Dance – Lindy Hop  Netball	Gymnastics  Hockey
<b>Spring</b>	Choreographed Dance –Toy museum  Hockey Skills	Gymnastics  Hockey Skills	Gymnastics  Indoor Ball Games – Dodgeball Skills	Creative Dance - Champions  Tag Rugby Skills	Creative Dance – Water  Indoor Ball Games – Handball Skills	Indoor Fitness  Golf Skills	Year 5 - Developing Young Leaders Year 6 - Swimming  Indoor Fitness	Gymnastics  Tag Rugby
<b>Summer</b>	Gymnastics  Rounders Skills	Athletics Skills  Rounders Skills	Gymnastics  Tennis Skills	Athletics Skills  Rounders Skills	Year 3 – Gymnastics Year 4 – Swimming  Tennis Skills	Athletics Skills  Cricket Skills	Indoor Ball Games - Dodgeball  OAA Swimming catch up	Athletics  Rounders

OAA = Outdoor Adventurous Activity

<b>EYFS</b>	<p><b>Communication and Language:</b> Follow instructions involving several ideas and actions.</p> <p><b>Physical Development:</b> Show good control and coordination in large and small movements. Move confidently in a range of ways, safely negotiating space. Handle equipment and tools effectively. Know about the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.</p> <p><b>Personal, Social and Emotional Development:</b> Be confident to try new activities and say why they like some activities more than others. Work as part of a group or class, and understand and follow the rules. Play cooperatively, taking turns with others. Take account of one another's ideas about how to organise their activity.</p> <p><b>Understanding the World:</b> Know that children don't always enjoy the same things, and be sensitive to this.</p> <p><b>Expressive Art and Design:</b> Sing songs, make music and dance, and experiment with ways of changing them. Represent own ideas, thoughts and feelings through design and technology, art, music, dance, role-play and stories.</p>
-------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

<b>Cycle B</b>	<b>Year 1</b>		<b>Year 2</b>		<b>Year 3/4</b>		<b>Year 5/6</b>	
<b>Autumn</b>	Choreographed dance – Dinosaur Stomp  Netball Skills	Indoor Fitness  Football Skills	Indoor Fitness  Netball Skills	Choreographed Dance - Nativity  Football Skills	Games Skills  Hockey Skills	Gymnastics  Netball Skills	Indoor fitness  Basketball	Gymnastics  Football
<b>Spring</b>	Choreographed Dance – Lost in the Toy museum  Hockey Skills	Gymnastics  Hockey Skills	Gymnastics  Indoor Ball Games	Creative Dance - Champions  Tag Rugby Skills	Creative Dance - Rainforest  Indoor Ball Games	Indoor Fitness  OAA	Year 5 - Developing Young Leaders Year 6 - Swimming  Indoor Games – Ball games	Gymnastics  Tennis
<b>Summer</b>	Gymnastics  Rounders Skills	Athletics Skills  Rounders Skills	Gymnastics  Tennis Skills	Athletics Skills  Rounders Skills	Year 3 – Gymnastics Year 4 – Swimming  Tag Rugby Skills	Athletics Skills  Rounders Skills	Creative dance – Street dance  OAA Swimming catch up	Outdoor Athletics  Cricket

OAA = Outdoor Adventurous Activity