

Whole School PE Overview

Rec	Fundamentals within provision Motor competence and healthy participation		Multi skills using bean bags Motor competence; rules, strategies and healthy participation	Multi skills using hoops Motor competence; rules, strategies and healthy participation	Maypole dancing Basic gymnastic skills Motor competence; strategies and healthy participation	Ball skills Motor competence; rules, strategies and healthy participation
Y1	Yoga Motor competence and healthy participation	Gymnastics Motor competence; strategies and healthy participation	Fitness Motor competence and healthy participation	Dance Motor competence; strategies and healthy participation	Striking and Fielding Motor competence; rules, strategies and tactics and healthy participation	Athletics Motor competence; rules, strategies and tactics and healthy participation
	Fundamentals Motor competence; strategies and healthy participation	Team Building Motor competence; strategies and tactics and healthy participation	Ball Skills Motor competence; rules, strategies and tactics and healthy participation	Sending and Receiving Motor competence; rules, strategies and tactics and healthy participation	Net and Wall Motor competence; rules, strategies and tactics and healthy participation	Invasion Motor competence; rules, strategies and tactics and healthy participation
Y2	Team Building Motor competence; strategies and tactics and healthy participation	Yoga Motor competence; strategies and healthy participation	Dance Motor competence; strategies and healthy participation	Gymnastics Motor competence; strategies and healthy participation	Athletics Motor competence; rules, strategies and tactics and healthy participation	Striking and Fielding Motor competence; rules, strategies and tactics and healthy participation
	Fundamentals Motor competence; strategies and healthy participation	Ball Skills Motor competence; rules, strategies and tactics and healthy participation	Fitness Motor competence; strategies and healthy participation	Sending and Receiving Motor competence; rules, strategies and tactics and healthy participation	Net and Wall Motor competence; rules, strategies and tactics and healthy participation	Invasion Motor competence; rules, strategies and tactics and healthy participation

Y3	Athletics Motor competence; rules, strategies and tactics and healthy participation	Gymnastics Motor competence; strategies and healthy participation	Dance Motor competence; strategies and healthy participation	Yoga Motor competence; strategies and healthy participation	Fitness Motor competence; strategies and healthy participation	Striking and Fielding - Cricket Motor competence; rules, strategies and tactics and healthy participation
	Team Building - OAA Strategies and tactics and healthy participation	Invasion - Netball Motor competence; rules, strategies and tactics and healthy participation	Fundamentals Motor competence; rules, strategies and healthy participation	Invasion - Handball Motor competence; rules, strategies and tactics and healthy participation	Target - Dodgeball Motor competence; rules, strategies and tactics and healthy participation	Net and Wall - Tennis Motor competence; rules, strategies and tactics and healthy participation
Y4	Invasion - Hockey Motor competence; rules, strategies and tactics and healthy participation	Invasion - Football Motor competence; rules, strategies and tactics and healthy participation	Ball Skills Motor competence; rules, strategies and tactics and healthy participation	Gymnastics Motor competence; rules, strategies and healthy participation	Dance Motor competence; rules, strategies and healthy participation	Striking and Fielding - Rounders Motor competence; rules, strategies and tactics and healthy participation
	Swimming Motor competence; rules, strategies and healthy participation	Swimming Motor competence; rules, strategies and healthy participation	Team Building - OAA Motor competence; strategies and healthy participation	Athletics Motor competence; rules, strategies and tactics and healthy participation	Net and Wall - Tennis Motor competence; rules, strategies and tactics and healthy participation	Target - Golf Motor competence; rules, strategies and tactics and healthy participation
Y5	Gymnastics Motor competence; rules, strategies and healthy participation	Invasion - Tag Rugby Motor competence; rules, strategies and tactics and healthy participation	Fitness Motor competence; strategies and healthy participation	Net and Wall - Badminton Motor competence; rules, strategies and tactics and healthy participation	Invasion - Handball Motor competence; rules, strategies and tactics and healthy participation	Striking and Fielding - Cricket Motor competence; rules, strategies and tactics and healthy participation

	Athletics Motor competence; rules, strategies and tactics and healthy participation	Yoga Motor competence; rules, strategies and healthy participation	Invasion - Netball Motor competence; rules, strategies and tactics and healthy participation	Target - Dodgeball Motor competence; rules, strategies and tactics and healthy participation	Dance Motor competence; rules, strategies and healthy participation	Team Building - OAA Motor competence; rules, strategies and tactics and healthy participation
Y6	Dance Motor competence; rules, strategies and healthy participation	Target - Golf Motor competence; rules, strategies and tactics and healthy participation	Team Building - OAA Motor competence; rules, strategies and tactics and healthy participation	Gymnastics Motor competence; rules, strategies and healthy participation	Fitness Motor competence; strategies and healthy participation	Striking and Fielding - Rounders Motor competence; rules, strategies and tactics and healthy participation
	Athletics Motor competence; rules, strategies and tactics and healthy participation	Invasion - Basketball Motor competence; rules, strategies and tactics and healthy participation	Invasion - Tag Rugby Motor competence; rules, strategies and tactics and healthy participation	Invasion - Hockey Motor competence; rules, strategies and tactics and healthy participation	Net and Wall - Tennis Motor competence; rules, strategies and tactics and healthy participation	Net and Wall - Volleyball Motor competence; rules, strategies and tactics and healthy participation

Motor competence; rules, strategies and tactics and healthy participation

Motor competence; rules, strategies and healthy participation

Motor competence; strategies and healthy participation

Motor competence; rules, strategies and healthy participation

Motor competence; strategies and tactics and healthy participation

Motor competence and healthy participation