

PE - Long term overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R: Red Class	Outdoor: Introduction to PE Indoor: Gymnastics: Gym in the jungle	Outdoor: Focus on using beanbags (Val Sabin games, unit 1) Indoor: Dance: Dinosaurs	Outdoor: Best of balls Indoor: Travelling (Val Sabin, Unit A gymnastics)	Outdoor: Focus on hoops and quoits (Val Sabin games, unit 3) Indoor: Dance: Dance till you drop	Outdoor: Focus on rope, bat and small balls (Val Sabin games, Unit 4) Indoor: Gymnastics: Jumping jacks	Outdoor: Taking weight on different body parts (Val Sabin gymnastics, unit c) Indoor: Games: The Olympics
Year 1: Orange Class	Outdoor: Multi skills: Throwing and catching Indoor: Gymnastics: Animals	Outdoor: Invasion games Indoor: Dance: Starry Skies	Outdoor: Attacking and defending Indoor: Circuit training	Outdoor: Multi skills: Bat and ball Indoor: Dance: The seasons	Outdoor: Multi skills: Running and jumping Indoor: Gymnastics: Traditional tales	Outdoor: Multi skills: Sports Day Indoor: Yoga
Year 2: Yellow Class	Outdoor: Multi skills: Throwing and catching Indoor: Gymnastics: Landscapes and cities	Outdoor: Invasion games Indoor: Dance: Gunpowder plot	Outdoor: Attacking and defending Indoor: Circuit training	Outdoor: Multi skills: Bat and ball Indoor: Dance: Plants	Outdoor: Multi skills: Target games Indoor: Gymnastics: Under the sea	Outdoor: Animal Olympics Indoor: Dance: Toys
Year 3: Green Class	Outdoor: OAA (Outdoor Adventurous Activities) Indoor: Gymnastics: Movement	Outdoor: Invasion games Indoor: Dodgeball	Outdoor: Invasion games: Football Indoor: Circuit training	Outdoor: Net and wall games: Fundamentals Indoor: Dance: Rainforest dance	Outdoor: Striking and fielding: Fundamentals Indoor: Gymnastics: Shape	Outdoor: Athletics Indoor: Dance: Extreme Earth
Year 4: Blue Class	Outdoor: OAA (Outdoor Adventurous Activities) Indoor: Gymnastics: Movement	Outdoor: Invasion games Indoor: Dance: Romans	Outdoor: Invasion games: Tag rugby Indoor: Circuit training	Outdoor: Net and wall games: Badminton Indoor: Dance: Carnival of the animals	Outdoor: Striking and fielding: Cricket Indoor: Gymnastics: Shape and balance	Outdoor: Athletics Indoor: Dance: Water
Year 5: Purple Class	Outdoor: OAA (Outdoor Adventurous Activities) Indoor: Gymnastics: Movement	Outdoor: Invasion games Indoor: Dance: World War 2	Outdoor: Invasion games: Basketball Indoor: Circuit training	Outdoor: Net and wall games: Tennis Indoor: Gymnastics: Shape and balance	Outdoor: Striking and fielding: Rounders Indoor: Dance: Eco dance	Outdoor: Athletics Indoor: Invasion games: Handball
Year 6: Pink Class	Outdoor: OAA (Outdoor Adventurous Activities) Indoor: Gymnastics: Movement	Outdoor: Invasion games Indoor: Dance: Electricity	Outdoor: Invasion games: Netball Indoor: Circuit training	Outdoor: Net and wall games: Volleyball Indoor: Gymnastics: Rivers and mountains	Outdoor: Striking and fielding games Indoor: Dance: Dance through the decades.	Outdoor: Athletics Indoor: Leadership in PE