

PE Overview 2024-25



EYFS and KS1

PE is taught using Complete PE which is a holistic approach to PE, developing the mind as well as the body. Gymnastics is taught as separate Complete unit. In dance, we use units from the Val Sabin dance programme.

KS2

PE is taught using Complete PE which is a holistic approach to PE, developing the mind as well as the body.

Gymnastic are taught as separate Complete PE units.

Dance is taught using the Val Sabin Dance programme.

Children further develop their PE skills through units on:

Football, Netball, Basketball, Tag Rugby, Outdoor Adventurous Activities, Athletics, Tennis and Rounders.

	Autumn1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	Attack V Defence	Ball Skills Feet	Ball Skills Hands	Ball Skills Rackets, Bats/ Balls Balloons	Locomotion Walking	Locomotion Jumping
					Dance	Gymnastics High Low Under Over
Year 1	Attack V Defence Games for Understanding	Ball Skills Feet	Ball Skills Hands 1	Ball Skills Hands 2	Locomotion Jumping	Locomotion. Running 1
Year 1	Learning Through Play	Gymnastics Body Parts	Dance	Ball Skills Rackets, Bats and Balls	Health and Well Being	Team Building
Year 2	Attach V Defence Games for Understanding	Ball Skills Feet 1	Ball Skills Hands 1	Ball Skills Hands 2	Locomotion Dodging	Locomotion Jumping
Year 2	Learning Through Play	Gymnastics Linking	Dance	Ball Skills Rackets, Bats and Balls	Health and Well Being	Team Building
Year 3	Games Game Sense Invasion	Games Game Sense Net/Wall	Games Invasion Football	Games Net/wall Tennis	Games Striking Golf	OAA Problem Solving
Year 3	Health and Well Being Mindfulness	Dance	Gymnastics Symmetry and Asymmetry	OAA Communication Tactics	Athletics Athletics	Athletics Competition

Year 4	Games Games Sense	Games Invasion Netball	OAA Problem Solving	Games Striking Golf	Games Striking and Fielding Rounders	Games Net/Wall Tennis
Year 4	Health and Well Being Mindfulness	Dance	Gymnastics Levels and Direction	OAA Communication and Tactics	Athletics Athletics	Athletics Competitions
Year 5	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Year 5	Health Related Exercise	Gymnastics Flight	Dance	Games Basketball	OAA Problem Solving	Athletics Athletics
Year 6	Games Sense Invasion	Games Invasion Tag Rugby	Games Dodgeball	Games Hockey	OAA Orienteering	Games Striking and Fielding Cricket
Year 6	Health Related Exercise	Gymnastics Sequences	Dance Val Sabin Thesues and the Minotaur	OAA Leadership	Athletics Athletics	Athletics Competitions