



Aim High ... Fly High

PE Overview 2023-2024

2023-2024	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
R/Yr1	Playground games Develop the skills needed to get through the school day e.g. lining up Revise and use fundamental movement skills	Gymnastics - Traditional Tales Use core muscle strength to achieve good posture (start to develop handwriting posture)	Dance Games Negotiate space and obstacles safely Use a range of tools effectively	Olympics Demonstrate strength, balance and co-ordination and experiment and use different ways of moving	Circuit training Demonstrate different ways of moving	Best of Balls Use a range of small tools effectively
Yr 1/2	Dance	Gymnastics	Fundamental	movement skills	Obstacles	Athletics
Yr2/3	Ball skills/ fundamental movement skills	Gymnastics Twinkl unit	Dance Twinkl unit	Invasion games	Swimming Y3 Obstacles Y2	athletics
Yr 3/4	Tennis	Gymnastics	Dance	Netball	Swimming	Athletics
Yr 5/6	Invasion Games Red Kites - Dance/Yoga	Dance/Yoga	Gymnastics	Ball Skills	Swimming	Athletics