



St. Wilfrid's Catholic Primary School

PE Overview

Year	Autumn 1 Lesson 1	Autumn 1 Lesson 2	Autumn 2 Lesson 1	Autumn 2 Lesson 2	Spring 1 Lesson 1	Spring 1 Lesson 2	Spring 2 Lesson 1	Spring 2 Lesson 2	Summer 1 Lesson 1	Summer 1 Lesson 2	Summer 2 Lesson 1	Summer 2 Lesson 2
Reception	Gymnastics <i>Body parts</i>	Ball Skills <i>Hands 1</i>	Dance	Gymnastics <i>High, low, over, under</i>	Ball Skills <i>Hands 2</i>	Parachute games	Locomotion <i>walking</i>	Team building/For est School type activities	Ball Skills <i>Feet</i>	Locomotion <i>Jumping</i>	Games for Understanding	Rackets, Bats, Balls and Balloons
Year 1	Gymnastics <i>Wide, narrow and curled</i>	Ball Skills <i>Hands 1</i>	Dance	Gymnastics <i>Body parts</i>	Ball Skills <i>Hands 2</i>	Health and wellbeing	Locomotion <i>running</i>	Team building	Ball Skills <i>Feet</i>	Locomotion <i>Jumping</i>	Games for Understanding	Rackets, Bats and Balls
Year 2	Gymnastics <i>linking</i>	Ball Skills <i>Hands 1</i>	Dance	Gymnastics <i>Pathways</i>	Ball Skills <i>Hands 2</i>	Health and wellbeing	Locomotion <i>Dodging</i>	Team building	Ball Skills <i>Feet</i>	Locomotion <i>Jumping</i>	Games for Understanding	Rackets, Bats and Balls
Year 3	Gymnastics <i>Symmetry and Asymmetry</i>	Invasion Football	Dance	Gymnastics <i>Canon and Unison</i>	Invasion <i>Basketball</i>	Invasion <i>Dodgeball</i>	Health and wellbeing	Net/Wall <i>Tennis</i>	Athletics <i>Jumping and throwing</i>	Striking and Fielding <i>Rounders</i>	Athletics <i>Running</i>	OAA
Year 4	Gymnastics <i>Bridges</i>	Swimming	Dance	Swimming	Invasion <i>Basketball</i>	Swimming	Swimming	Net/Wall <i>Tennis</i>	Swimming	Striking and Fielding <i>Cricket</i>	Athletics <i>Generic topic</i>	Swimming
Year 5	Gymnastics <i>Counter balance and Tension</i>	Invasion <i>Tag Rugby</i>	Dance	Gymnastics <i>Flight</i>	Invasion <i>Netball</i>	Invasion <i>Hockey</i>	Health related exercise	Net/Wall <i>Badminton</i>	Athletics <i>running running</i>	Striking and Fielding <i>Rounders</i>	Athletics <i>Throwing and jumping</i>	OAA <i>Communication</i>
Year 6	Gymnastics <i>Matching and Mirroring</i>	Invasion <i>Tag Rugby</i>	Dance	Gymnastics <i>Creating sequences</i>	Invasion <i>Netball</i>	Invasion <i>Hockey</i>	Health related exercise	Net/Wall <i>Badminton</i>	Athletic <i>Jumping and throwing</i>	Striking and Fielding <i>Cricket</i>	Athletic <i>Running</i>	OAA <i>orienteering</i>