

P.E. Overview 2024-2025

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year R	Introduction to PE 1 Fundamentals 1	Dance 1 Ball Skills 1	Gymnastics 1 Games 1	Introduction to PE 2 Fundamentals 2	Ball Skills 2 Dance 2	Gymnastics 2 Games 2
Year 1 ASH	Fundamentals Fitness	Sending and Receiving Gymnastics	Invasion Games Dance	Ball Skills Target Games	Striking and Fielding Net and Wall Games	Team Building Athletics
Year 2 BEECH	Fundamentals Sending and Receiving	Invasion Games Net and Wall Games	Dance Target Games	Ball Skills Yoga	Gymnastics Team Building	Athletics Striking and Fielding
Year 3 ROWAN	OAA Fundamentals	Ball Skills Tag Rugby	Dance Cricket	Golf Hockey	Netball Gymnastics	Athletics Tennis
Year 4 WILLOW	Swimming Tennis	Swimming Gymnastics	Football Dance	OAA Dodgeball	Yoga Basketball	Athletics Rounders
Year 5 MAPLE	Netball Hockey	Tag Rugby Fitness	OAA Cricket	Dance Golf	Gymnastics Volleyball	Athletics Swimming
Year 6 SYCAMORE	Football Fitness	OAA Gymnastics	Dance Basketball	Tennis Yoga	Rounders Dodgeball	Athletics Volleyball

Personal Best opportunities

Throughout the year, please provide opportunities for children to complete against themselves. This may be in the form of starting a unit with one of the activities below and challenging children to beat their own scores in the last lesson of the unit.

Shuttle Run - <https://www.youtube.com/watch?v=K230C7nnXxw>

Speed Bounce - <https://www.youtube.com/watch?v=yY4p3uWeQeQ>

Standing Long Jump - <https://www.youtube.com/watch?v=jlguHx6SHt0>