

# Physical Education – St Andrew’s Whole School Overview

Based on 2 hours per week Physical Education YEAR A

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Ball skills – <b>Rugby</b>	Ball skills – <b>Football</b>	Ball skills - <b>Basketball</b>	Multi-skills – Throwing & catching	<b>Athletics:</b> running, jumping & throwing	Multi-skills – bat and ball skills – aiming and striking
	<b>Gymnastics</b> - travelling	<b>Dance</b> – Irish dance & Great Fire of London	<b>Gymnastics</b> - sequencing	<b>Dance</b> – Journey Through Space & Antarctica	<b>Dance</b> – In the Jungle: animal movements	<b>Dance</b> – In the Jungle: animal movements
Year 2	Multi-skills – throwing, catching and aiming	Ball skills - <b>Basketball</b>	Multi-skills- Dribbling, kicking and hitting	Multi-skills- Dribbling, kicking and hitting	<b>Athletics:</b> running, jumping & throwing <b>Personal Challenges</b>	<b>Tennis</b> – linking movements together
	<b>Gymnastics</b> – travelling high/low & balancing	<b>Dance</b> – Irish dance & Great Fire of London	<b>Gymnastics</b> – Pathways: straight, zig-zag & curved	<b>Dance</b> – Journey Through Space & Antarctica	<b>Dance</b> – In the Jungle: animal movements	<b>Gymnastics</b> – turning, spinning & twisting
Year 3	<b>Gymnastics</b> – 5 basic jumps, travelling tasks, rolls and balances	<b>Gymnastics</b> – 5 basic jumps, travelling tasks, rolls and balances	<b>Dance</b> – Dances Around the World: Salsa, Bachata	<b>Dance</b> – Dances Around the World: English Country Dance, Irish Dance	<b>Dance</b> – Vikings	<b>Gymnastics</b> – Symmetry & Asymmetry
	<b>Real PE Unit 1:</b> Personal skills	<b>Real PE Unit 2:</b> Social Skills	<b>Real PE Unit 3:</b> Cognitive Skills	<b>Real PE Unit 4:</b> Creative Skills	<b>Tennis</b> - skills	<b>Athletics:</b> short unit <b>Rounders</b>
Year 4	<b>Basketball</b> - skills	<b>Tag Rugby</b>	<b>Football</b> - skills	<b>Hockey</b> - skills	<b>Tennis</b> – net work	<b>Athletics– Personal Challenges</b>
	<b>Basketball</b> – invasion games	<b>Swimming</b>	<b>Football</b> - invasion games	<b>Hockey</b> - invasion games	<b>Tennis</b> – scoring	<b>Athletics</b> – Intra School Games Y3/Y5
Year 5	<b>Football</b> - skills	<b>Gymnastics</b> - balances	<b>Hockey</b> - skills	<b>Gymnastics</b> – travelling sequences	<b>Basketball</b> - skills	<b>Athletics– Personal Challenges</b>
	<b>Gymnastics</b> - <b>balances</b>	<b>Dance</b> – Lindy Hop	<b>Hockey</b> - skills	<b>Gymnastics</b> – travelling sequences	<b>Gymnastics</b> –	<b>Athletics</b> – Intra School Games/Y4/Y6
Year 6	<b>Football</b> - games/rules <b>Indoor: Dodgeball</b>	<b>Rugby</b> – games/rules <b>Indoor: Benchball</b>	<b>Hockey</b> - games/rules	<b>Basketball</b> - games/rules	<b>Cricket</b> - games/rules	<b>Athletics– Recording &amp; improvement</b>
	<b>Dance</b> – Lindy Hop 3 step elements	<b>Dance</b> – Performing	<b>Gymnastics</b> – travelling sequences: equipment	<b>Netball</b> - games/rules	<b>Sailing</b>	<b>Athletics</b> – Intra School Games/Y5

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Ball skills – <b>Rugby</b>	Ball skills – <b>Football</b>	Ball skills - <b>Basketball</b>	Multi-skills – Throwing & catching	<b>Athletics:</b> running, jumping & throwing	Multi-skills – bat and ball skills – aiming and striking
	<b>Gymnastics</b> - travelling	<b>Dance</b> – Playground Games Around the World: Toys	<b>Gymnastics</b> - sequencing	<b>Dance</b> – Oceans	<b>Gymnastics</b> – Shapes & rolling: Life Cycle of a Butterfly	<b>Gymnastics</b> – Shapes & rolling: Life Cycle of a Butterfly
Year 2	Multi-skills – throwing, catching and aiming	Ball skills - <b>Basketball</b>	Multi-skills- Dribbling, kicking and hitting	Multi-skills- Dribbling, kicking and hitting	<b>Athletics:</b> running, jumping & throwing <b>Personal Challenges</b>	<b>Tennis</b> – linking movements together
	<b>Gymnastics</b> – travelling high/low & balancing	<b>Dance</b> – Playground Games Around the World: Toys	<b>Gymnastics</b> – Pathways: straight, zig-zag & curved	<b>Dance</b> – Oceans	<b>Athletics:</b> Intra School Games/Y1/Y3	<b>Gymnastics</b> – turning, spinning & twisting: Life Cycle of a Butterfly
Year 3	<b>Gymnastics</b> – 5 basic jumps, travelling tasks, rolls and balances	<b>Gymnastics</b> – 5 basic jumps, travelling tasks, rolls and balances	<b>Dance</b> – Roman Invasion Dance	<b>Dance</b> – Roman Invasion Dance Performance	<b>Dance</b> – Inspired by Dartmoor Legends	<b>Gymnastics</b> – Symmetry & Asymmetry
	<b>Real PE Unit 1:</b> Personal skills	<b>Real PE Unit 2:</b> Social Skills	<b>Real PE Unit 3:</b> Cognitive Skills	<b>Real PE Unit 4:</b> Creative Skills	<b>Tennis</b> - skills	<b>Athletics:</b> short unit <b>Rounders</b>
Year 4	<b>Basketball</b> - skills	<b>Tag Rugby</b>	<b>Football</b> - skills	<b>Hockey</b> - skills	<b>Tennis</b> – net work	<b>Athletics</b> – <b>Personal Challenges</b>
	<b>Basketball</b> – invasion games	<b>Swimming</b>	<b>Football</b> - invasion games	<b>Hockey</b> - invasion games	<b>Tennis</b> – scoring	<b>Athletics</b> – Intra School Games Y3/Y5
Year 5	<b>Football</b> - skills	<b>Gymnastics</b> - balances	<b>Hockey</b> - skills	<b>Gymnastics</b> – travelling sequences	<b>Basketball</b> - skills	<b>Team Games</b> – Including cricket & Rounders
	<b>Gymnastics</b> - balances	<b>Dance</b> – Maya Tribal Dance <b>Pok-ta-Pok</b> <b>Maya game</b>	<b>Hockey</b> - skills	<b>Dance</b> – Traditional Chinese Dance	<b>Gymnastics</b> –	<b>Athletics</b> – Intra School Games/Y4/Y6
Year 6	<b>Football</b> - games/rules <b>Indoor: Dodgeball</b>	<b>Rugby</b> – games/rules <b>Indoor: Benchball</b>	<b>Hockey</b> - games/rules	<b>Basketball</b> - games/rules	<b>Cricket</b> - games/rules	<b>Team Games</b> – Rounders variations
	<b>Dance</b> – Maya Tribal Dance	<b>Pok-ta-Pok</b> Maya skills/rules/games	<b>Dance</b> – Traditional Chinese Dance	<b>Netball</b> - games/rules	<b>Sailing</b>	<b>Athletics</b> – Intra School Games/Y5