

The Meadow Community Primary School



P.E. Overview



<u>Year</u>	<u>Units 1 and 2</u>	<u>Units 3 and 4</u>	<u>Units 5 and 6</u>
EYFS	Dance – movement Big moves	Gym – apparatus	Ball skills
1	Gym – traditional tales Games – throwing and catching Dance – starry skies Invasion games	Circuit training Attaching and defending Dance – the seasons Bat/ ball skills and games	Gym – animals Athletics running and jumping Yoga Multi skills
2	Gym – landscapes and cityscapes Throwing and catching Dance – the gunpowder plot Invasion games	Circuit training Attacking and defending Dance – plants Bat and ball games	Gym – under the sea Target games – sending and receiving Dance – toys Athletics
3	Gym – movement OAA Dance fundamentals Invasion games fundamentals	Circuit training Invasion games Dance - rainforest Net and wall games fundamentals	Gym – shape Striking and fielding fundamentals Dance – extreme earth Athletics
4	Gym – movement Net and wall games - badminton Dance – carnival of the animals Invasion games hockey	Circuit training Invasion games tag rugby Dance – the Romans OAA	Gym – shape and balance – Ancient Egypt Striking and fielding - Cricket Dance -water Athletics
5	Gym – shape and balance - space OAA Gym – movement Invasion games	Circuit training / swimming Invasion games - basketball Circuit training / swimming Net, court and wall games - tennis	Dance - WWII Striking and fielding - Rounders Dance – the haka Athletics
6	Circuit training OAA Gym – rivers and mountains Invasion games	Dance – around the world Invasion games – netball Gym – movement Net, court and wall games volleyball	Dance – electricity Striking and fielding Dance - workout Athletics