



PE Long Term Overview

PE long term overview	1 st year Autumn	1 st year Spring	1 st Year Summer	2 nd Year Autumn	2 nd Year Spring	2 nd Year Summer
EYFS	Introduction to PE Units 1 and 2 Fundamentals Units 1 and 2 Healthy Participation Inclusivity Physical Skills	Ball Skills Units 1 and 2 Dance Unit 1 Gymnastics Unit 1 Healthy Participation Inclusivity Physical Skills	Games Units 1 and 2 Gymnastics Unit 2 Swimming Healthy Participation Inclusivity Tactics and Strategies Physical Skills	Fundamentals Units 1 and 2 Gymnastics Games Healthy Participation Inclusivity Tactics and Strategies Physical Skills	Ball Skills Units 1 and 2 Gymnastics Dance Healthy Participation Inclusivity Physical Skills	Dance Games Swimming Healthy Participation Inclusivity Tactics and Strategies Physical Skills
YT	Fundamentals Yoga Swimming: Beginners Fitness Dance Team building Healthy Participation	Gymnastics Ball Skills Sending and receiving Healthy Participation Inclusivity	Athletics Target Games Swimming: Beginners Striking and Fielding Games Healthy Participation	Swimming Team building as part of Outdoor and Adventurous Activities (in forest school) Gymnastics Fundamentals	Dance Ball Skills Gymnastics Sending and Receiving Healthy Participation	Dance Athletics Swimming Healthy Participation

	Inclusivity Tactics and Strategies Physical Skills	Physical Skills	Inclusivity Tactics and Strategies Physical Skills	Healthy Participation Inclusivity Tactics and Strategies Physical Skills	Inclusivity Physical Skills	Inclusivity Physical Skills
MT	Swimming Fundamentals Y3/4 Yoga Dance Tag Rugby Healthy Participation Inclusivity Tactics and Strategies Physical Skills	Gymnastics Tennis Netball Outdoor and Adventurous Activities Healthy Participation Inclusivity Tactics and Strategies Physical Skills	Athletics Cricket Swimming Golf Healthy Participation Inclusivity Tactics and Strategies Physical Skills	Swimming Fitness Dance Football Fundamentals Healthy Participation Inclusivity Tactics and Strategies Physical Skills	Hockey Gymnastics Dodgeball Ball skills Healthy Participation Inclusivity Tactics and Strategies Physical Skills	Athletics Rounders Swimming Outdoor and Adventurous Activities Healthy Participation Inclusivity Tactics and Strategies Physical Skills
OT	Swimming Fitness Yoga Gymnastics Tag Rugby	Badminton Y5/6 Dance Basketball Outdoor and Adventurous Activities	Athletics Cricket Swimming Dodgeball	Swimming Fitness Yoga Gymnastics Football	Dance Volleyball Outdoor and Adventurous Activities Handball	Athletics Rounders Swimming Golf

