

Aston-on-Trent Primary School PE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Negotiate space and obstacles safely, with consideration for themselves and others	Negotiate space and obstacles safely, with consideration for themselves and others	Demonstrate strength, balance and coordination	Demonstrate strength, balance and coordination	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing
Year 1	Health and Well-being-agility/balance Games-Running1	Dance- Heroes Games-Hands 1	Gymnastics- Wide narrow, curled Games-Feet 1	Dance-Growing Gymnastics-Body Parts	Athletics- Jumping Games-Racket, bats and balls	Games for Understanding Orienteering-Aston
Year 2	Dance-Explorers Games-Dodging	Dance-Water Games- Ballskills- Hands 1	Fundamentals Games-Ball skills-feet 1	Dance- Mr Candys Sweet Factory Games- Hands 2	Athletics-jumping Ball skills-Rackets & Balls	Games for Understanding Orienteering Team building
Year 3	Games-Hockey(PPA) Gymnastics: Canon & Unison	Games-Football(PPA) Gymnastics: Symmetry & Asymmetry	Dance(PPA) Weather Games-Tennis	Dance(PPA) Wild Animals Games- Rounders	Athletics(PPA) Throwing & Jumping Games-Netball	Cricket(PPA) Orienteering-Aston
Year 4	Games-Netball(PPA) Orienteering-Aston	Games-Football(PPA) Gymnastics- Bridges	Dance(PPA) Cats Swimming	Tennis(PPA) Swimming	Athletics(PPA)- Throwing & Jumping Swimming	Rounders(PPA) Swimming
Year 5	Games-Hockey(PPA) Swimming	Games-Football(PPA) Swimming	Dance(PPA) Greeks Gymnastics-Joy of Moving (Derby County)	Tennis(PPA) Gymnastics-Counter Balance and Counter Tension.	Athletics(PPA) Throwing & Jumping Games-Netball	Rounders, (PPA) Orienteering-Aston
Year 6	Games sense- net wall (PPA) Tag Rugby	Games sense-invasion (PPA) Orienteering and Cross Country	Health related exercise-(PPA) Athletics	Netball (PPA) Gymnastics-Creating Sequences	Dance (PPA) Hockey	Football (PPA) Games-cricket