

# KS1 Physical Education Long Term Overview

Key		
Games	Gym	Dance

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Travelling (Unit A)	Stretching and Curling (Unit B)	Focus on using beanbags (Unit 1)	Dance (Unit 1)	Focus on using balls (Unit 2)	Dance (Unit 4)
	Dance/Movement	Dance/Movement	Dance/Movement	Dance/Movement	Dance/Movement	Dance/Movement
	Sports Day Practise					
Year 1	Focus on ball skills and games (Unit 1)	Throwing and Catching - Aiming games (unit 2)	Flight - Bouncing, Jumping and landing (Unit D)	Point and patches (Unit E)	Dance (Unit 3)	Dance (Unit 4)
	Rocking and rolling (Unit F)	Wide, narrow, curled (Unit G)	Dance (Unit 1)	Dance (Unit 2)	Bat and Ball Skills and games (unit 3)	Developing partner work (Unit 4)
	Sports Day Practise					
Year 2	Throwing and catching-inventing games (Unit 1)	Making up games (Unit 2)	Turning, spinning and twisting (unit J)	Linking Movements together ( Unit K)	Dance (Unit 3)	Dance (Unit 4)
	Parts High and parts low (Unit H)	Pathways straight, zig-zag and curving (unit I)	Dance (Unit 1)	Dance (Unit 2)	Dribbling, Kicking and hitting (Unit 3)	Group games and inventing rules (Unit 4)
	Sports Day Practise					

# KS2 Physical Education Long Term Overview

OAA	Key	Athletics
Games	Gym	Dance

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Unit 1 - Ball skills	Unit M - Symmetry and Asymmetry	Unit 2	Unit 3 - Net/Court/Wall Games	Athletics	OAA
	Unit L - Stretching, Curling and Arching	Unit 1	Unit N - Pathways	Unit 4	Unit 4 - Striking and fielding games	Athletics
	Sports Day Practise					
Year 4	Unit 2 - Problem solving and inventing games	Unit Q - Receiving body weight	Unit 2	Unit 3 - Invasion games	Athletics	OAA
	Unit P - Balance	Unit 1	Unit S - Rolling	Unit 4	Unit 4 - Striking and developing games	Athletics
	Sports day practise					
Year 5	Unit 1 - Net/Court/Wall Games	Unit U - Flight	Swimming or		Athletics	OAA
			Unit 4			
	Unit T - Bridges	Unit 1	Unit W - Spinning and turning	Unit 2 - Invasion and target	Unit 3 - Invasion games	Athletics
Sports day practise						

Year 6	Swimming or		Unit 3	Unit 2 - Net/Court/Wall Games	Swimming or	
	Unit X - Working together - matching, mirroring and contrasting				Athletics	
	Unit 1 - Invasion games - Hockey and soccer	Unit 1	Unit A - Counter- Balance and Counter-tension	Unit 4	Unit 3 - Striking and Fielding games	OAA
	Sports Day Practise					