

P.E Overview of topics covered

Year Group	Autumn		Spring		Summer	
	1 st Half Term	2 nd Half Term	1 st Half Term	2 nd Half Term	1 st Half Term	2 nd Half Term
N Nursery Cycle 1 Physical Development – PD 2021 – 2022	Traditional ring games – getting used to working together / following instructions and going in the hall.	Dance – Let’s Move - Autumn - ‘Twas the night before Christmas.	Dance – Let’s Move - Space	Mats and bench (gymnastics) and spatial awareness.	Sequencing movements – mats / benches and large apparatus.	Athletics and team games.
R Reception Cycle 1 Physical Development – PD 2021 – 2022	Throwing and catching Tennis – all term	Dance – Let’s Move - ‘The Enormous Turnip’ - ‘The Elves and the Shoemaker’ - ‘The Nutcracker’ Tennis – all term	Dance – Let’s Move - Life in the Rainforest - Life in the City Tennis – all term	Mats and bench (gymnastics) and spatial awareness. Tennis – all term	Sequencing movements – mats / benches and large apparatus. Tennis – all term	Athletics and team games Tennis – all term

1	Gymnastics Games – Running, jumping, throwing and catching	Gymnastics Games – Running, jumping, throwing and catching	Dance 1&2 Gymnastics	Dance 1&2 Games – Running, jumping, throwing and catching	Games – Running, jumping, throwing and catching Gymnastics	Rounders Dance
2	Gymnastics 1&2 Games – Ball skills	Gymnastics 1 & 2 Dance	Dance 1&2 Games	Dance 1&2 Gymnastics	Games 1&2 Ball skills (barriers) and competitions Dance	Games 1&2 Ball skills (barriers) and competitions
3	Gymnastics Games – Netball	Gymnastics Dance	Gymnastics-Rhythmic Dance	Games – Tennis Games - Basketball	Athletics 1&2 Outdoor & Adventure	Athletics 1&2 Rounders

4	Swimming Games – Netball & Hockey	Swimming Dance	Swimming Gymnastics	Swimming Games – Football and Tennis	Swimming Outdoor & Adventure activities	Athletics
5	Games – Football Games - Hockey	Dance Gymnastics	Dance Gymnastics	Gymnastics Outdoor & Adventure activities	Games - Cricket Athletics	Games – Cricket Games- Tennis
6	Games – Basketball Dance - Cheerleading	Circuit training Gymnastics	Games – Tennis Dance – Line dancing	Games - Tennis	Games – Cricket	Swimming Outdoor & Adventure activities