



PE Overview - 2023/2024

	Autumn		Spring		Summer	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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Rec	Fundamental Skills: Movement/Stability/Body Awareness/Object Control	Control/balance/technique Gymnastics	Rhythm/Sequencing/Performance Dance	Fundamental Skills: Movement/Stability/ Body Awareness/Object Control	Fundamental Skills: Movement/Stability/ Body Awareness/Object Control	Speed/Distance/Accuracy Athletics 'Sports Day'
Y1	Sending and Receiving Multi skills (Unit 1/2)	Control/balance/technique Gymnastics	Rhythm/Sequencing/Performance Dance	Sending and Receiving Multi skills (Unit 2/3)	Speed/Distance/Accuracy Athletics Units 1, 2, 3	
Y2	Sending and Receiving Multi skills (Unit 1/2)	Control/balance/technique Gymnastics	Rhythm/Sequencing/Performance Dance	Sending and Receiving Multi skills (Unit 2/3)	Speed/Distance/Accuracy Athletics Units 1, 2, 3	
Y3	Invasion/Competition Netball	Control/balance/technique Gymnastics	Rhythm/Sequencing/Performance Dance	Invasion/Competition Tag Rugby	Speed/Distance/Accuracy Athletics	Striking Tennis
Y4	Rhythm/Sequencing/Performance Dance	Control/balance/technique Gymnastics	Invasion/Competition Football	Invasion/Competition Tag Rugby	Speed/Distance/Accuracy Athletics	Striking Tennis
Y5 W	Rhythm/Sequencing/Performance Dance	Control/balance/technique Gymnastics	Invasion/Competition Netball	Invasion/Competition Hockey	Speed/Distance/Accuracy Athletics	Striking/Fielding Rounders
Y5Q	Invasion/Competition Netball	Invasion/Competition Hockey	Rhythm/Sequencing/Performance Dance	Control/balance/technique Gymnastics	Speed/Distance/Accuracy Athletics	Striking/Fielding Rounders
Y6	Invasion/Competition Football	Control/balance/technique Gymnastics	Rhythm/Sequencing/Performance Dance	Invasion/Competition Hockey	Speed/Distance/Accuracy Athletics	Striking/Fielding Cricket

