



## Lickey Hills Primary School & Nursery EYFS, KS1 & KS2 PE Overview

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER1	SUMMER 2
N	<b>Introduction to PE</b> Unit 1 Finding space, sharing equipment.	<b>Fundamentals</b> Unit 1 Balancing, jumping, running & hopping.	<b>Ball Skills</b> Unit 1 Rolling & receiving, throwing & kicking.	<b>Dance</b> Unit 1 Travelling, copying & performing.	<b>Gymnastics</b> Unit 1 Shapes, balances, rolls & jumps.	<b>Games</b> Unit 1 Changing direction, striking a ball.
R	<b>Introduction to PE</b> Unit 2 Running, jumping, throwing, catching.	<b>Fundamentals</b> Unit 2 Hopping, skipping, sliding, balancing.	<b>Ball Skills</b> Unit 2 Tracking & bouncing a ball	<b>Dance</b> Unit 2 Travels, balancing & coordination	<b>Gymnastics</b> Unit 2 Barrel roll, forward roll, straight roll.	<b>Games</b> Unit 2 Running, changing direction, striking
Y1	<b>Gymnastics</b> Travelling, shapes, balances, rolls. <b>Ball Skills</b> Kicking, throwing, catching, dribbling	<b>Dance</b> Travel, copying & performing, balance <b>Net Wall</b> Throw, catch, track & hit a ball	<b>Yoga</b> Balance, flexibility, strength, relaxing. <b>Send &amp; Receive</b> Rolling, kicking, throwing, catching	<b>Fitness</b> Co-ordination, strength, stamina <b>Invasion</b> Throw & catch, dribbling, dodging	<b>Team Building</b> Balancing, communication. <b>Striking &amp; Fielding</b> Retrieving & tracking, throwing	<b>Target Games</b> Under & overarm throwing, aiming <b>Athletics</b> Running, agility, balance, jumping.
Y2	<b>Gymnastics</b> Basic actions on floor & apparatus <b>Ball Skills</b> Throwing, hitting, catching, rolling	<b>Dance</b> Dynamics, pathways, balance <b>Net Wall</b> Throw & catch, racket skills.	<b>Yoga</b> Breathing, flexibility, balance <b>Send &amp; Receive</b> Throwing, catching & tracking	<b>Fitness</b> Skipping, agility, stamina. <b>Invasion</b> Find space, throw & catch, dodging.	<b>Team Building</b> Listening, leading, jumping, travelling. <b>Striking &amp; Fielding</b> Bowling & batting, throw & catch.	<b>Target Games</b> Throwing, rolling & striking. <b>Athletics</b> Running, throwing, jumping.
Y3	<b>Gymnastics</b> Rolls, points & patches, jumps. <b>Hockey</b> Pass, dribble, tackle, intercept.	<b>Dance</b> Canon, unison, pathways, dynamic <b>Fitness</b> Strength, speed, power, coordination	<b>Yoga</b> Flexibility, strength, balance <b>Ball Skills</b> Tracking, throwing & catching a ball.	<b>Fundamentals</b> Dodge, run, hopping, skipping. <b>OAA</b> Teamwork, trust, balance, listening	<b>Dance</b> To be confirmed soon <b>Cricket</b> Over and underarm bowling, batting	<b>Athletics</b> Sprinting, jumping & throwing. <b>Tennis</b> Fore & backhand, ready position.
Y4	<b>Gymnastics</b> Individual & partner work <b>Swimming</b> Freestyle, back stroke	<b>Dance</b> Unison, formation, character. <b>Swimming</b> Freestyle, backstroke	<b>Dodgeball</b> Throw, catch, dodge & blocking. <b>Swimming</b> Freestyle, backstroke, jumps	<b>Basketball</b> Throw, catch, dribble, shooting. <b>Swimming</b> Backstroke, butterfly, jumps	<b>Handball</b> Moving with ball, shooting. <b>Swimming</b> Variety of strokes, jumping and diving	<b>Athletics</b> Pacing, jump & throw for distance <b>Swimming</b> Swimming for distance
Y5	<b>Gymnastics</b> Balances, rolls, cartwheels, bridge <b>Hockey</b> Dribbling, passing, receiving, tackling.	<b>Dance</b> Use canon, dynamics, unison <b>Fitness</b> Strength, speed, power, agility.	<b>Yoga</b> Balance, strength and flexibility. <b>Volleyball</b> Volley, set, dig, ready position.	<b>OAA</b> Stamina, communication.	<b>Dance</b> <b>Cricket</b> Batting, over & underarm bowling	<b>Athletics</b> Pacing, relay changes, throwing. <b>Tennis</b> Forehand, backhand, volley.
Y6	<b>Gymnastics</b> Counter balance, counter tension. <b>Basketball</b> Dribbling, intercepting.	<b>Dance</b> Formation, character, emotion <b>Netball</b> Passing, catching, footwork, shooting	<b>Dodgeball</b> Throw, catch, dodge, blocking <b>Tennis</b> Volleys, underarm serves.	<b>Badminton</b> Ready position, grip, serve. <b>Golf</b> Accuracy, coordination.	<b>OAA</b> Teamwork, trust, inclusion <b>Handball</b> Throw, catch, intercepting.	<b>Athletics</b> Running, jumping, sling throwing <b>Rounders</b> Bowling, tracking, fielding, batting.