

## Physical Education Yearly Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>R</b>	Gymnastics- Introductory Unit  Multi skills	Multi skills	Gymnastics- Travelling  Invasion games	Dance  Net/wall games	Gymnastics- Stretching and curling  Striking and fielding	Gymnastics- Travelling and taking weight on different body parts  Athletics
<b>1</b>	Gymnastics- Flight- bouncing, jumping and landing  Multi skills	Invasion games	Gymnastics- Points and Patches  Net/wall games	Dance  Outdoor/ adventure	Gymnastics- Rocking and Rolling  Striking and fielding	Gymnastics- Wide, narrow, curled  Athletics
<b>2</b>	Gymnastics- Parts high and parts low  Multi skills	Invasion games	Gymnastics- Pathways, straight, zigzag and curving  Net/wall games	Dance  Outdoor/adven ture	Gymnastics- Turning, spinning, twisting  Striking and fielding	Gymnastics- Linking movements together  Athletics
<b>3</b>	Gymnastics- Stretching, curling and arching  Invasion games	Dodgeball	Gymnastics- Symmetry and asymmetry  Net wall games	Dance  Outdoor/ adventure	Gymnastics- Pathways  Striking and fielding	Gymnastics- Travelling with a change of front and direction  Athletics
<b>4</b>	Gymnastics- Balance  Invasion games	Dodgeball	Gymnastics- Receiving body weight  Net wall games	Dance  Outdoor/ adventure	Gymnastics- Balance leading into change of and direction  Striking and fielding	Gymnastics- Rolling  Athletics
<b>5</b>	Gymnastics- Bridges  Invasion games	Dodgeball	Gymnastics- Flight  Net wall games	Dance  Outdoor/ adventure	Gymnastics- Functional use of the limbs  Striking and fielding	Gymnastics- Spinning and turning  Athletics
<b>6</b>	Gymnastics- Partner work- matching and mirroring  Invasion games	Dodgeball	Gymnastics- Partner work- Synchronisatio n and Canon  Net wall games	Dance  Outdoor/ adventure	Gymnastics- Holes and barriers  Striking and fielding	Gymnastics- Counter- balance and counter- tension  Athletics