	PHYSICAL EDUCATION LONG TERM OVERVIEW							
	EYFS	Year 1	Year 2	Year 3	Ye	ear 4	Year 5	Year 6
	Indoor Mighty Movers	Indoor Fitness Frenzy	Indoor Fitness Frenzy	Indoor Active Athletics	Indoor Gymnastics		Indoor Net and Wall	Indoor Improving my Fitness
Autumn 1	Cutdoor ABC PE	Outdoor Multi Skills	Outdoor Multi Skills	Outdoor Fitness Frenzy	Outdoor Swimming	Outdoor Invasion Skills	Outdoor Fitness Frenzy	Contraction Skills
	Theory How can I be independent?	Theory How do we warm up safely?	Theory How do we warm up safely?	Theory What are the major muscles in the body called?	Theory Why are diet, nutrition and hydration so important?		Theory What is sport analysis?	Theory What are the short-term effects of exercise?
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	Ball Control	Throwing and Catching	Throwing and Catching	Brilliant Ball Skills	Step to the Beat			Self Defence
Autumn 2	Outdoor Multi Skills-Hoops	Outdoor Skip to the Beat	Outdoor Skip to the Beat	Outdoor Striking skills – golf රැදු	Outdoor Swimming	Outdoor Invasion Skills	Outdoor Netball	Outdoor OAA
	₩ Theory How can I be independent?	Theory Why do we warm up?	Theory Why do we warm up?	Theory What are the major muscles in the body called?	Theory Why are diet, nutrition and hydration so important?		₩ Theory How is sport analysis used?	Theory What are the short-term effects of exercise?
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1	Indoor Gymnastics	Indoor Gymnastics	Indoor Gymnastics	Indoor Gymnastics	Indoor Throwing and Catching – Dodgeball		Indoor Self Defence ☆☆	Indoor Personal Exercise Plan
Spring 1	Outdoor Throwing and Catching	Outdoor Brilliant Ball Skills	Outdoor Brilliant Ball Skills	Outdoor Skip to the Beat	Outdoor Swimming	Outdoor OAA	Outdoor Striking and Fielding	Outdoor Striking and Fielding
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	stages of a warm up?	What are the four stages of a warm up?	How do muscles work?	Why do we have rules?		<b>Theory</b> Can I evaluate a sporting performance?	<b>Theory</b> What are the short-term effects of exercise?
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ndoor	Indoor	Indoor	Indoor Throwing and Catching	Indoor		Indoor Gympactics	Indoor Disability Sport
		~	Dodgeball				
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<b>Dutdoor</b> Active Fitness	Outdoor Mighty Movers	Outdoor Mighty Movers	Outdoor Invasion Skills	Outdoor Swimming	Outdoor OAA	Outdoor Disability Sport	<b>Outdoor</b> Tactical Thinking – Rugby
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<b>Theory</b> What makes food healthy?	<b>Theory</b> What are the four stages of a warm up?	<b>Theory</b> What are the four stages of a warm up?	<b>Theory</b> What are the major bones in the body called?	<b>Theory</b> What is fair play?		<b>Theory</b> How is sport analysis used in elite sport?	<b>Theory</b> What are the long-term effects of exercise?
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Dutdoor	Indoor Cool Core	Indoor	Indoor Dance	Indoor		Indoor Dance	Indoor Gymnastics
<b>Dutdoor</b> Striking Skills	Outdoor Athletics	Outdoor Cool Core	Outdoor Throwing and Catching (Striking and Fielding Focus)	Outdoor Swimming	Outdoor Athletics	Outdoor Athletics	Outdoor Athletics
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<b>Fheory</b> What is a healthy choice?	<b>Theory</b> Can I lead a warm up for my peers?	<b>Theory</b> Can I lead a warm up for my peers?	<b>Theory</b> What are the major bones in the body called?	-		<b>Theory</b> Can I use sport analysis to bring about improvements in my performance?	<b>Theory</b> What are the long-term effects of exercise?
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<b>Dutdoor</b> Mini Athletics	Outdoor Creative Games	Outdoor Striking Skills	Outdoor Cool Core	Outdoor Swimming	Outdoor Athletics	Outdoor Net and Wall – Table Tennis	Indoor Dance
	Indoor   ance   Indoor   Indoor	holoor anceIndoor DanceIndoor DanceImage: Image: I	Nor anceIndoor DanceIndoor DanceWator Ctive FitnessOutdoor Mighty MoversOutdoor Mighty MoversWator Ctive FitnessOutdoor Mighty MoversOutdoor Mighty MoversWat are the four stages of a warm up?Theory What are the four stages of a warm up?Theory What are the four stages of a warm up?Wator Cool CoreIndoor Cool CoreIndoor AthleticsWator Cool CoreOutdoor Mighty MoversWator Cool CoreOutdoor Cool CoreWator Cool CoreOutdoor Cool CoreWator Cool CoreOutdoor Cool CoreWator Cool CoreOutdoor Cool CoreWator Cool CoreOutdoor Cool CoreWator Cool CoreOutdoor Cool CoreWator Cool CoreOutdoor Cool CoreWator is a healthy horce?Theory Can I lead a warm up for my peers?Wator Can I lead a warm up for my peers?Outdoor Can I lead a warm up for my peers?Wator Creative GamesOutdoor Creative GamesWator Creative GamesOutdoor Creative GamesWator Cool CoreOutdoor Creative GamesWator Creative GamesOutdoor Creative GamesWator Creative GamesOutdoor Creative GamesWator Creative GamesOutdoor Creative GamesWator Cool CoreOutdoor Creative GamesWator Cool CoreOutdoor Creative GamesWator Cool CoreOutdoor Creative GamesWator C	Indoor ance       Indoor Dance       Indoor Dance       Indoor Dance       Indoor Dance       Indoor Dodgeball         wideor ctive Fitness       Outdoor Mighty Movers       Outdoor Mighty Movers       Outdoor Mighty Movers       Outdoor Invasion Skills         wideor ctive Fitness       Theory What are the four stages of a worm up?       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Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor	Outdoor
Ball Skills	Striking Skills	Creative Games	OAA	Striking and Fielding	Step to the Beat	Sports Leadership
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<b>Theory</b> How can I show resilience?	<b>Theory</b> Can I lead a warm up for my peers?	<b>Theory</b> Can I evaluate a warm up?	<b>Theory</b> Why do we have bones?	<b>Theory</b> How can we use tactics to our advantage?	<b>Theory</b> Can I use sport analysis to bring about improvements in the performance of my peers?	<b>Theory</b> What are the skills and qualities of a great sports leader?
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## The Six Strands of the Physical Education National Curriculum

Dance
Gymnastics
Games
Outdoor and Adventurous Activities
Aquatics
Athletics

## School Specific Curriculum Focus

7.	Healthy Active Lifestyles					
8.	Self Defence					
9.	Disability Sport					
10.	Sports Leadership					

## Key

୍ଷିତ୍ତି	Build – area of study that builds on previous area of learning		Revisit – spaced retrieval
00	Link – area of study links to another curriculum area	な な な	New - Introduce new content