




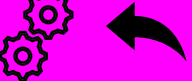


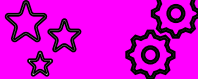



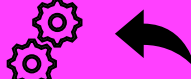

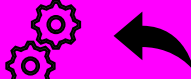



















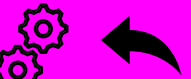












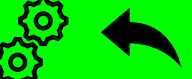
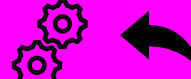



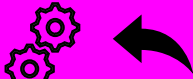
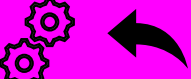




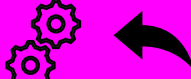
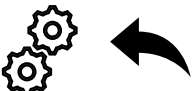






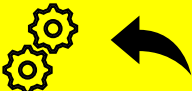



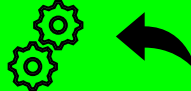
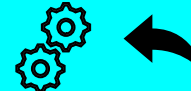





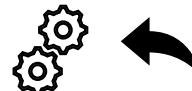
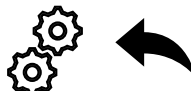






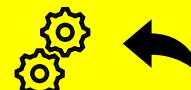


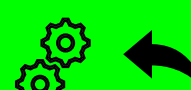






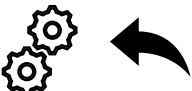






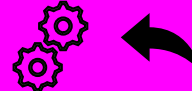
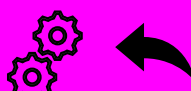



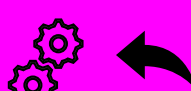
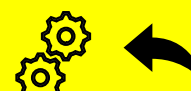


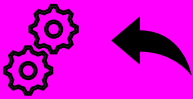


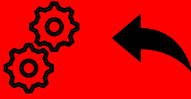


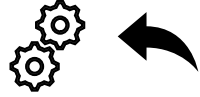


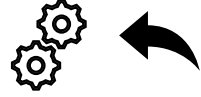




	PHYSICAL EDUCATION LONG TERM OVERVIEW							
	EYFS	Year 1	Year 2	Year 3	Year 4		Year 5	Year 6
Autumn 1	<b>Indoor</b> Mighty Movers 	<b>Indoor</b> Fitness Frenzy 	<b>Indoor</b> Fitness Frenzy 	<b>Indoor</b> Active Athletics 	<b>Indoor</b> Gymnastics 		<b>Indoor</b> Net and Wall 	<b>Indoor</b> Improving my Fitness 
	<b>Outdoor</b> ABC PE 	<b>Outdoor</b> Multi Skills 	<b>Outdoor</b> Multi Skills 	<b>Outdoor</b> Fitness Frenzy 	<b>Outdoor</b> Swimming 	<b>Outdoor</b> Invasion Skills 	<b>Outdoor</b> Fitness Frenzy 	<b>Outdoor</b> Invasion Skills 
	<b>Theory</b> <i>How can I be independent?</i> 	<b>Theory</b> <i>How do we warm up safely?</i> 	<b>Theory</b> <i>How do we warm up safely?</i> 	<b>Theory</b> <i>What are the major muscles in the body called?</i> 	<b>Theory</b> <i>Why are diet, nutrition and hydration so important?</i> 		<b>Theory</b> <i>What is sport analysis?</i> 	<b>Theory</b> <i>What are the short-term effects of exercise?</i> 
Autumn 2	<b>Indoor</b> Ball Control 	<b>Indoor</b> Throwing and Catching 	<b>Indoor</b> Throwing and Catching 	<b>Indoor</b> Brilliant Ball Skills 	<b>Indoor</b> Step to the Beat 		<b>Indoor</b> OAA 	<b>Indoor</b> Self Defence 
	<b>Outdoor</b> Multi Skills-Hoops 	<b>Outdoor</b> Skip to the Beat 	<b>Outdoor</b> Skip to the Beat 	<b>Outdoor</b> Striking skills – golf 	<b>Outdoor</b> Swimming 	<b>Outdoor</b> Invasion Skills 	<b>Outdoor</b> Netball 	<b>Outdoor</b> OAA 
	<b>Theory</b> <i>How can I be independent?</i> 	<b>Theory</b> <i>Why do we warm up?</i> 	<b>Theory</b> <i>Why do we warm up?</i> 	<b>Theory</b> <i>What are the major muscles in the body called?</i> 	<b>Theory</b> <i>Why are diet, nutrition and hydration so important?</i> 		<b>Theory</b> <i>How is sport analysis used?</i> 	<b>Theory</b> <i>What are the short-term effects of exercise?</i> 
Spring 1	<b>Indoor</b> Gymnastics 	<b>Indoor</b> Gymnastics 	<b>Indoor</b> Gymnastics 	<b>Indoor</b> Gymnastics 	<b>Indoor</b> Throwing and Catching – Dodgeball 		<b>Indoor</b> Self Defence 	<b>Indoor</b> Personal Exercise Plan 
	<b>Outdoor</b> Throwing and Catching 	<b>Outdoor</b> Brilliant Ball Skills 	<b>Outdoor</b> Brilliant Ball Skills 	<b>Outdoor</b> Skip to the Beat 	<b>Outdoor</b> Swimming 	<b>Outdoor</b> OAA 	<b>Outdoor</b> Striking and Fielding 	<b>Outdoor</b> Striking and Fielding 

	<b>Theory</b> <i>How can I be independent?</i> 	<b>Theory</b> <i>What are the four stages of a warm up?</i> 	<b>Theory</b> <i>What are the four stages of a warm up?</i> 	<b>Theory</b> <i>How do muscles work?</i> 	<b>Theory</b> <i>Why do we have rules?</i> 		<b>Theory</b> <i>Can I evaluate a sporting performance?</i> 	<b>Theory</b> <i>What are the short-term effects of exercise?</i> 
Spring 2	<b>Indoor</b> Dance 	<b>Indoor</b> Dance 	<b>Indoor</b> Dance 	<b>Indoor</b> Throwing and Catching – Dodgeball 	<b>Indoor</b> Net and Wall – Table Tennis 		<b>Indoor</b> Gymnastics 	<b>Indoor</b> Disability Sport 
	<b>Outdoor</b> Active Fitness 	<b>Outdoor</b> Mighty Movers 	<b>Outdoor</b> Mighty Movers 	<b>Outdoor</b> Invasion Skills 	<b>Outdoor</b> Swimming 	<b>Outdoor</b> OAA 	<b>Outdoor</b> Disability Sport 	<b>Outdoor</b> Tactical Thinking – Rugby 
	<b>Theory</b> <i>What makes food healthy?</i> 	<b>Theory</b> <i>What are the four stages of a warm up?</i> 	<b>Theory</b> <i>What are the four stages of a warm up?</i> 	<b>Theory</b> <i>What are the major bones in the body called?</i> 	<b>Theory</b> <i>What is fair play?</i> 		<b>Theory</b> <i>How is sport analysis used in elite sport?</i> 	<b>Theory</b> <i>What are the long-term effects of exercise?</i> 
Summer 1	<b>Outdoor</b> Creative Games 	<b>Indoor</b> Cool Core 	<b>Indoor</b> Athletics 	<b>Indoor</b> Dance 	<b>Indoor</b> Dance 		<b>Indoor</b> Dance 	<b>Indoor</b> Gymnastics 
	<b>Outdoor</b> Striking Skills 	<b>Outdoor</b> Athletics 	<b>Outdoor</b> Cool Core 	<b>Outdoor</b> Throwing and Catching (Striking and Fielding Focus) 	<b>Outdoor</b> Swimming 	<b>Outdoor</b> Athletics 	<b>Outdoor</b> Athletics 	<b>Outdoor</b> Athletics 
	<b>Theory</b> <i>What is a healthy choice?</i> 	<b>Theory</b> <i>Can I lead a warm up for my peers?</i> 	<b>Theory</b> <i>Can I lead a warm up for my peers?</i> 	<b>Theory</b> <i>What are the major bones in the body called?</i> 	<b>Theory</b> <i>What are tactics?</i> 		<b>Theory</b> <i>Can I use sport analysis to bring about improvements in my performance?</i> 	<b>Theory</b> <i>What are the long-term effects of exercise?</i> 
Summer 2	<b>Outdoor</b> Mini Athletics 	<b>Outdoor</b> Creative Games 	<b>Outdoor</b> Striking Skills 	<b>Outdoor</b> Cool Core 	<b>Outdoor</b> Swimming 	<b>Outdoor</b> Athletics 	<b>Outdoor</b> Net and Wall – Table Tennis 	<b>Indoor</b> Dance 

	Outdoor Ball Skills	Outdoor Striking Skills	Outdoor Creative Games	Outdoor OAA	Outdoor Striking and Fielding	Outdoor Step to the Beat	Outdoor Sports Leadership
							
	<b>Theory</b> <i>How can I show resilience?</i>	<b>Theory</b> <i>Can I lead a warm up for my peers?</i>	<b>Theory</b> <i>Can I evaluate a warm up?</i>	<b>Theory</b> <i>Why do we have bones?</i>	<b>Theory</b> <i>How can we use tactics to our advantage?</i>	<b>Theory</b> <i>Can I use sport analysis to bring about improvements in the performance of my peers?</i>	<b>Theory</b> <i>What are the skills and qualities of a great sports leader?</i>
							





The Six Strands of the Physical Education National Curriculum

1.	Dance
2.	Gymnastics
3.	Games
4.	Outdoor and Adventurous Activities
5.	Aquatics
6.	Athletics

School Specific Curriculum Focus

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

Key

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