

PE Long Term Overview

Sport Specific	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2 <b>ALL - Sports Day</b>
EYFS	NHS Solent School Therapy Pack <b>FOREST SCHOOL</b>		Move with Zip active		Ready Let's Ride (British Cycling)	
Year 1	Invasion Games	Dance	Gymnastics	<b>FOREST SCHOOL</b>	Teamwork Skills <b>House tournament</b>	Athletics
Year 2	Multi-skills	REAL Gym	Circus skills <b>FOREST SCHOOL</b>	Dance	Striking and fielding <b>House tournament</b>	Athletics
Year 3	Dance	Netball <b>House tournament</b>	Gymnastics	Archery	Striking and fielding <b>House tournament</b> <b>FOREST SCHOOL</b>	Athletics
Year 4	Team games - lacrosse <b>House tournament</b>	WWII Dance <b>House tournament</b>	Handball	Tri-golf <b>House tournament</b>	Cricket <b>House tournament</b>	Athletics <b>FOREST SCHOOL</b> <b>OAA - Residential</b>
Year 5	Netball & Seated volleyball <b>House tournament</b>	Hockey <b>House tournament</b> <b>FOREST SCHOOL</b>	Fencing Gymnastics	Dance	Cricket (with HGS)	Athletics
Year 6	Gymnastics (Links with Anglo Saxon team building) <b>OAA - Residential</b>	Tag Rugby 20 <sup>th</sup> century Dance	Spy Training	Basketball <b>House tournament</b>	Rounders / Handball <b>House tournament</b>	Athletics

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REAL PE:

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>COG FOCUS</b>	<b>Personal</b>	<b>Social</b>	<b>Cognitive</b>	<b>Creative</b>	<b>Physical</b>	<b>Health and fitness</b>
<b>REAL PE FS/ KS1</b>	Coordination – Footwork	Dynamic Balance to Agility- Jumping and Landing	Dynamic Balance – On a Line	Coordination – Ball Skills	Coordination – Sending and Receiving	Agility – Ball Chasing
	Static Balance – One Leg	Static Balance - Seated	Static Balance – Stance	Counter Balance – With a Partner	Agility – Reaction/ Response	Static Balance – Floor Work
<b>REAL PE LKS2</b>	Coordination – Footwork	Dynamic Balance to Agility – Jumping and Landing	Dynamic Balance – On a Line	Coordination – Sending and Receiving	Agility – Reaction/Response	Agility – Ball Chasing
<b>REAL PE UKS2</b>	Coordination – Ball Skills	Static Balance – Floorwork	Dynamic Balance – On a Line	Dynamic Balance to Agility – Jumping and Landing	Static Balance - Stance	Coordination – Sending and Retrieving
	Agility – Action Response	Static Balance – Seated	Counter Balance – with a Partner	Static Balance – One Leg	Coordination - Footwork	Agility – Ball Chasing