

PE Subject Overview 2023-24						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Development Matters (Nursery)					
	Personal Social Emotional Development		Physical Development		Expressive Arts and Design	
	<ul style="list-style-type: none"> • Select and use activities and resources, with help when needed. This helps them to achieve a goal they have chosen or one which is suggested to them. • Increasingly follow rules, understanding why they are important. • Remember rules without needing an adult to remind them. 		<ul style="list-style-type: none"> • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. • Go up steps and stairs, or climb up apparatus, using alternate feet. • Skip, hop, stand on one leg and hold a pose for a game like musical statues. • Use large-muscle movements to wave flags and streamers, paint and make marks. • Start taking part in some group activities which they make up for themselves, or in teams. • Increasingly able to use and remember sequences and patterns of music that are related to music and rhythm. • Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. <ul style="list-style-type: none"> • Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. • Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. <ul style="list-style-type: none"> • Show a preference for a dominant hand. • Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips. 		<ul style="list-style-type: none"> • Respond to what they have heard, expressing their thoughts and feelings. 	
Reception	Introduction to PE Dance: Unit 2		Fundamentals: Unit 2 Gymnastics: Unit 2		Ball Skills: Unit 2 Games: Unit 2	
Year 1	Fundamentals Team Building	Invasion Games Dance	Target Games Gymnastics	Sending and Receiving Fitness	Ball Skills Net and Wall Games	Striking and Fielding Athletics
Year 2	Fundamentals Team Building	Invasion Games Dance	Target Games Gymnastics	Sending and Receiving Fitness	Ball Skills Net and Wall Games	Striking and Fielding Athletics
Year 3	Invasion (Tag Rugby) Fundamentals	Invasion (Handball) Dance	Sending and Receiving (Badminton) Gymnastics	Sending and Receiving (Tennis) Fitness	Striking and Fielding (Rounders) Swimming	Striking and Fielding (Cricket) Swimming

Year 4	Invasion (Netball) Dodgeball	Invasion (Football) Dance	Swimming Gymnastics	Sending and Receiving (Badminton) Swimming	Striking and Fielding (Cricket) OAA	Striking and Fielding (Rounders) Athletics
Year 5	Invasion (Tag Rugby) Swimming	Dance Swimming	Sending and Receiving (Badminton) Gymnastics	Sending and Receiving (Tennis) Fitness	Striking and Fielding (Rounders) OAA	Striking and Fielding (Cricket) Athletics
Year 6	Invasion (Netball) Dodgeball	Invasion (Football) Dance	Sending and Receiving (Badminton) Gymnastics	Sending and Receiving (Volleyball) Fitness	Striking and Fielding (Cricket) OAA Swimming (Top Up – 2 Weeks)	Striking and Fielding (Rounders) Athletics

Unit A Unit B