



Pinehurst Primary School

Physical Education Overview 2021-22

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LP	Developing hand-eye coordination, balancing blocks, running safely and avoiding obstacles, squats steadily to pick up objects, large motor skills, climbing, balancing, squatting and kicking large balls, show control using tools and equipment, walk upstairs holding a rail, begin to show a more dominant hand, use one handed tools and equipment, mounting stairs/climbing equipment using alternative feet, can catch a large ball, show spatial awareness, stand momentarily on one foot					
LA	Traveling/ negotiating space, climbing on/over, jumping skills, control of use of equipment, balancing objects on body parts, running skilfully, large ball games, simple rolls, travel with confidence around equipment.					
Reception	Begin to explore: movement ,agility, co-ordination, throwing , catching, jumping, kicking, & games, travel and negotiate space, follow simple game rules, explore balance, use equipment sagely, negotiate space and pathways, begin to learn different rolls, climbing, balance and sequence, explore movement and dance changing body shape, size and direction.					
Year 1	Invasion Games- Throwing & Catching	Invasion Games- Dribbling and Passing	Athletics	Health Related Fitness	Games	Games
	Gymnastics	Dance	Dance	Gymnastics	Athletics	Sports Day
Year 2	Invasion Games- Ball Skills	Invasion Games- Dodgeball	Athletics	Health Related Fitness	Games	Games
	Dance	Gymnastics	Dance	Gymnastics	Athletics	Sports Day
Year 3	Invasion Games- Netball	Invasion Games-Hockey	Athletics	Net/Wall Games Tennis	Striking/Fielding Cricket	Outdoor and Adventure
	Dance	Gymnastics	Health-Related Fitness	Yoga	Gymnastics	Sports Day
Year 4	Invasion Games-Tag Rugby	Invasion Games- Basketball	Athletics	Net/Wall Games Volleyball	Striking/Fielding Rounders	Outdoor and Adventure
	Gymnastics	Dance	Health-Related Fitness	Yoga	Health-Related Fitness	Gymnastics
Year 5	Invasion Games- Netball	Invasion Games- Hockey	Athletics	Dance	Striking/Fielding Cricket	Outdoor and Adventure
	Gymnastics	Health-Related Fitness	Swimming	Swimming	Net/Wall Games Tennis	Gymnastics
Year 6	Invasion Games- Basketball	Dance	Athletics	Net/Wall Games Volleyball	Striking/Fielding Rounders	Outdoor and Adventure
	Swimming	Swimming	Health-Related Fitness	Gymnastics	Swimming/Bikeability	Swimming