



## PE Overview- Long Term Plan

Indoor- **Red** Outdoor - **Blue**

	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>
Autumn 1	<b>Gymnastics- Linking movements together.</b>  Invasion games - Skills 3	<b>Gymnastics- Arches and Bridges</b>  Outdoors and adventurous activities-Orienteering, blind folded activities and problem solving.	<b>Gymnastics-Matching mirroring and contrasting</b>  Outdoors and adventurous activities- or Swimming	<b>Gymnastics-Counter balance &amp; counter tension</b>  Outdoors and adventurous activities-
Autumn 2	<b>Dance - Space</b>  Handball	<b>Dance - Vikings</b>  Invasion games - Skills 3	<b>Dance - The Haka</b>  Invasion games - Skills 4- or Swimming	<b>Dance -British Values</b>  Netball
Spring 1	<b>Gymnastics- Receiving body weight</b>  Tag Rugby	<b>Gymnastics- Pushing and pulling</b>  Hockey	<b>Gymnastics- under and over</b>  Tag Rugby	<b>Gymnastics- flight</b>  Football
Spring 2	<b>Dance- Romans</b>  Tennis	<b>Dance- Egyptians</b>  Tennis	<b>Dance- Through the ages</b>  Dodgeball	<b>Dance - World War II</b>  Handball
Summer 1	<b>Gymnastics-Symmetry &amp; asymmetry</b>  Rounders	<b>Gymnastics rolling and travelling low or swimming</b>  Cricket	<b>Gymnastics- Synchronisation and canon</b>  Cricket	<b>Gymnastics- Group sequencing</b>  Rounders
Summer 2	<b>Dance - dance around the world.</b>  Athletics	<b>Yoga or Swimming</b>  Athletics	<b>Dance - WWII</b>  Athletics	<b>Yoga</b>  Athletics