



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