

PE yearly overview

Nursery	<ul style="list-style-type: none"> • Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. • Skip, hop, stand on one leg and hold a pose for a game like musical statues. • Start taking part in some group activities which they make up for themselves, or in teams. • 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. 					
Reception	<ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 					
Year 1	Dance	Fundamentals	Sending and receiving	Target games	Striking and fielding	Invasion
Year 2	Fitness	Net and wall	Invasion	Gymnastics	Balls skills Multi-skills	Balls skills Multi-skills
Year 3	Fundamentals Tag Rugby	Ball skills Tag rugby	Swimming	Swimming	Swimming	Swimming
Year 4	Swimming	Swimming	Fitness Tag rugby	Fitness Tag rugby	OAA	Gymnastics
Year 5	Swimming	Swimming	Dance	Basketball	Dodgeball	Cricket
Year 6	Dance	OAA	Fitness	Fitness	Badminton	Rounders

*Numerous sports clubs will run during the year