

P.E Overview

Cycle A

	Autumn		Spring		Sumer	
EYFS	Introduction to PE	Fundamentals	Dance	Ball Skills	Gymnastics	Games
KS1	Fundamentals	Dance	Gymnastics	Ball Skills	Target Games	Athletics
LKS2	Fitness	Fitness	Gymnastics	Football	Cricket	Athletics
UKS2	Fitness	Fitness	Volley ball	OAA	Rounders	Athletics

Cycle B

	Autumn		Spring		Sumer	
EYFS	Introduction to PE	Fundamentals	Dance	Ball Skills	Gymnastics	Games
KS1	Fitness	Team Building	Sending & Receiving	Invasion	Striking & Fielding	Athletics
LKS2	Fitness	Yoga / Fitness	Dodgeball	Dance	Tennis	Athletics
UKS2	Netball	Gymnastics	Dance	Cricket	Golf	Athletics

As well as following this overview, children also take part in outdoor education once a week from EYFS to Year 6. Children are encouraged to be active throughout break and lunch times with activities provided to not only increase activity, but also improve basic skills such as balance and hand-eye co-ordination.