



Hawridge & Cholesbury C of E School Physical Education Long Term Subject Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1 (1-3)	Summer (3-6)	Summer 2
Reception	Basic Fundamental Skills Outdoor learning	Gymnastics Balance	Dance Science – Why do we exercise?	Games	Sports Day Based Athletic Activities	Sports Day Based Athletic Activities	Advanced Fundamental Skills/Motor skills
Year 1	Basic Fundamental Skills/Balance – static and dynamic	Gymnastics	Dance Science – Why do we exercise?	Games Coordination skills	Sports Day Based Athletic Activities	Sports Day Based Athletic Activities	Advanced Fundamental Skills/Catching/T hrowing
Year 2	Basic Team Games	Gymnastics	Dance Science – Why do we exercise?	Basic Invasion Games	Sports Day Based Athletic Activities	Sports Day Based Athletic Activities	Advanced Fundamental Skills/Defending
Year 3	Gymnastics Forest schools	Invasion Games Tag rugby	Dance Science – Why do we exercise?	Net and court games	Sports Day Based Athletic Activities	Sports Day Based Athletic Activities	Striking and Fielding
Year 4	Net and Wall Activities	Invasion Games	Dance Science – Why do we exercise?	Outdoor Adventurous Activities	Sports Day Based Athletic Activities	Sports Day Based Athletic Activities Swimming (5 hours)	Striking and Fielding Swimming (5 hours)
Year 5	Net and Wall Activities Gymnastics	Invasion Games Rugby – defending	Dance – Line dancing Forest schools	Tennis Science – Why do we exercise?	Sports Day Based Athletic Activities	Sports Day Based Athletic Activities	Striking and Fielding
Year 6	Net and Wall Activities Balancing skills	Invasion Games	Cricket Science – Why do we exercise? Breathing/warming up and cooling down – why it matters.	Cricket games Outdoor cricket	Sports Day Based Athletic Activities	Sports Day Based Athletic Activities	Dance - School performance