

**GORSEWOOD PRIMARY SCHOOL**

**Long term overview - *PE***

| **Year group** | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
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| **Reception** | Fundamental Skills  Gym- Rocking & Rolling  Forest School | A Visit to the Zoo  Gymnastics - Flight  Forest School | Object Control  Personal Challenges  Forest School | An encounter with Pirates  Locomotion  Forest School | Invasion Games  Athletics  Forest School | Under the Sea  Athletics  Forest School |
| **Year 1** | Multi-skills  Gymnastics | Dance  Football | Basic Skills  Handball | Basic Skills  Multi-skills | Outdoor Adventurous Activities/ Forest school  Athletics | Athletics  Striking & Fielding |
| **Year 2** | Fundamental Movement  Gymnastics | Dance  Invasion Games | Net & Wall Skills  Target Games | Fundamental Movement  Gymnastics | Outdoor Adventurous Activities  Yoga | Striking & Fielding  Athletics |
| **Year 3** | Invasion Games  Gymnastics | Dance/forest school  Hockey | Athletics  Netball | Dodgeball    Tennis | Outdoor Adventurous Activities  Swimming | Rounders  Swimming |
| **Year 4** | Gymnastics  Hockey | Dance  Netball | Danish Longball  Tag rugby | Handball  Swimming | Outdoor Adventurous Activities  Tennis | Rounders  Athletics |
| **Year 5** | Leadership  Gymnastics | Dance  Swimming | Handball  Swimming | Basketball  Badminton | Outdoor Adventurous  Tri-Golf | Cricket  Athletics |
| **Year 6** | Team Building and Problem Solving  Swimming | Dance  Hockey | Tag Rugby  Basketball | Lacrosse  Badminton | Cricket  Athletics | Outdoor Adventurous Activities/forest school  Tri Golf |

2 PE lessons per week. Daily mile must also be incorporated into timetable. Can be used as a break starter or to end break or as a break in the afternoon. Should take 5-10 minutes.