

Physical Education Overview 2022 – 2023

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
EYFS	Gymnastics and Dance	Gymnastics and Dance	Unit 3 Cognitive	Unit 4 Creative	Sports day practice and fundamental unit 1	Sports day practice and fundamental unit 2
Year 1	Unit 1 Personal Dance - Moving words	Unit 2 Social Dance – Weather Chance to Shine Cricket	Unit 3 Cognitive Gymnastics- Jumping Jacks	Unit 4 Creative Gymnastics- Rock & Roll	Unit 5 Physical Fundamental Unit 1 Multi skills festival	Unit 6 Health and Fitness Fundamental Unit 2
Year 2	Unit 1 Personal Dance – Magical Friends	Unit 2 Social Gymnastics – Ball, Tall and Wall points of contact Chance to Shine Cricket	Unit 3 Cognitive Gymnastics – Points of contact	Unit 4 Creative Dance – Great Fire of London	Unit 5 Physical Multi skills festival Fundamental Unit 1	Unit 6 Health and Fitness Fundamental Unit 2
Year 3	Unit 1 Personal Swimming	Gymnastics – patterns and pathways KS2 Cross Country (elite) Dance or Gymnastics Swimming	Unit 3 Cognitive Dance - Machines	Unit 4 Creative Striking and Fielding games – links to cricket Chance to Shine Cricket	Unit 5 Physical Invasion Games – Ball handling skills	Unit 6 Health and Fitness Athletics - triathlon
Year 4	Unit 1 Personal Tag rugby Invasion Games: Ball on the ground (23-24)	Unit 2 Social Dance – Rugby & the Haka KS2 Cross Country (elite) Sports Hall Athletics	Unit 3 Cognitive Swimming	Net games Swimming Chance to Shine Cricket	Unit 5 Physical Dance – Cold Spaces and Country dancing	Unit 6 Health and Fitness Athletics - Pentathlon
Year 5	Unit 1 Personal Netball	Unit 2 Social Invasion Games Football Girls football (elite) KS2 Cross Country (elite)	Unit 3 Cognitive Gymnastics Tennis festival (all)	Unit 4 Creative Dance on the beach Table Tennis (elite) Chance to Shine Cricket	Unit 5 Physical Swimming Rounders (elite)	Swimming Athletics Hepathlon
Year 6	Unit 1 Personal Netball Basketball	Unit 2 Social Dance- The Match Girl's football (elite) KS2 Cross Country (elite)	Unit 3 Cognitive Invasion games-Tag rugby	Unit 4 Creative Gymnastics- Body symmetry	Unit 5 Physical Invasion Games: Hockey Rounders (elite)	Unit 6 Health and Fitness Athletics- Decathlon