



# St. Mary's Catholic Primary, Blackbrook



## Physical Education Overview 2021 - 22

	Striking & Fielding	Outdoor Adventure	Gymnastics	Dance	Multi Skills	Athletics	Team Building	Games	Swimming/Health related exercise			
Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2						
Nursery	<u>Movement/Dance</u> Through Story	<u>Multi Skills</u> Locomotion	<u>Gymnastics</u> High, Low, Over, Under	<u>Multi Skills</u> Ball Skills Hands (1)	<u>Dance</u> 'Nursery Rhymes'	<u>Multi Skills</u> Ball Skills Feet (1)						
Reception	<u>Movement/Dance</u> Through Story	<u>Multi Skills</u> Locomotion Jumping	<u>Gymnastics</u> High, Low, Over, Under	<u>Multi Skills</u> Ball Skills Hands (2)	<u>Outdoor Adventure</u>	<u>Outdoor Adventure</u>						
Year 1	<u>Outdoor Adventure</u>	<u>Gymnastics</u> Wide, Narrow, Curled	<u>Outdoor Adventure</u>	<u>Dance</u> 'Growing'	<u>Gymnastics</u>	<u>Dance</u> 'The Zoo'	<u>Multi skills</u> Ball Skills Hands (1)	<u>Multi Skills</u> Running (1)	<u>Multi Skills</u> Ball Skills Feet	<u>Games for Understanding</u>	<u>Multi Skills</u> Locomotion	<u>Team Building</u>
Year 2	<u>Multi Skills</u> Locomotion Dodging (1)	<u>Dance</u> 'Water'	<u>Gymnastics</u> Linking	<u>Dance</u> 'Explorers'	<u>Outdoor Adventure</u>	<u>Gymnastics</u> Pathways	<u>Outdoor Adventure</u>	<u>Multi Skills</u> Ball Skills Hands	<u>Multi Skills</u> Games for Understanding	<u>Multi Skills</u> Ball Skills	<u>Athletics</u> Locomotion	<u>Team Building</u> ..



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Year 3	<u>Invasion Games</u> Handball	<u>Dance</u> 'Witches and Wizards'	<u>Gymnastics</u> Symmetry and Asymmetry Sequence completion	<u>Invasion Games</u> Dodgeball	<u>Outdoor Adventure</u> Orienteering	<u>Dance</u> 'Weather'	<u>Outdoor Adventure</u> Communication and Tactics	<u>Invasion Games</u> Basketball	<u>Fielding &amp; Striking</u> Cricket	<u>Net &amp; Wall</u> Tennis	<u>Athletics</u>	<u>Fielding &amp; Striking</u> Roulers
Year 4	<u>Gymnastics</u> Symmetry and Asymmetry	<u>Outdoor Adventure</u> Orienteering	<u>Gymnastics</u> Bridges	<u>Outdoor Adventure</u> Communication and tactics	<u>Invasion Games</u> Handball	<u>Dance</u> 'Cats'	<u>Invasion Games</u> Basketball	<u>Dance</u> 'Space'	<u>Fielding &amp; Striking</u> Cricket	<u>Net &amp; Wall</u> Tennis	<u>Athletics</u>	<u>Fielding &amp; Striking</u> Roulers
Year 5	<u>Invasion Games</u> Basketball	<u>Dance</u> 'The Circus'	<u>Gymnastics</u> Counter Balance and Counter Tension	<u>Health Related Exercise</u> Cardio Fitness and Flexibility	<u>Net/Wall</u> Badminton	Swimming	<u>Invasion Games</u> Hockey	<u>Striking and Fielding</u>	<u>Athletics</u>	<u>Outdoor Adventure</u> Orienteering	<u>Striking and Fielding</u> Roulers	<u>Outdoor Adventure</u> Problem Solving
Year 6	<u>Invasion Games</u> Basketball	Swimming	<u>Gymnastics</u> Matching and Mirroring	<u>Health Related Exercise</u>	<u>Net/Wall</u> Badminton	<u>Dance</u> 'Carnival'	<u>Invasion Games</u> Hockey	<u>Striking and Fielding</u> Cricket	<u>Athletics</u>	<u>Outdoor Adventure</u> Orienteering	<u>Striking and Fielding</u> Roulers	<u>Outdoor Adventure</u> Problem Solving