



PE Overview of Subject EYFS – Y6

EYFS					
Our bodies	Dance	Keeping Healthy	Small Apparatus	Balance	Competitive Games
Following instructions		Active Living			Sports Day
Cycle A					
KS1					
Co-ordination and Static Balance	Jumping and Landing	Dynamic Balance	Ball Skills	Sending and Receiving	Reaction and Response
Games: Throwing and Catching	Seated Balance Dance	Games: Striking a ball	Gymnastics	Athletics	Games: Net and wall
Lower KS2					
Co- ordination and Static Balance	Jumping and Landing Seated Balance Throwing and Catching	Y3 Swimming			
Games: Net and Wall		Dynamic Balance	Ball Skills	Sending and Receiving	Reaction and Response
		Gymnastics	Games	Outdoor Adventure Activities	Athletics
Upper KS2					
Reaction and Response Games: Throwing and Catching	Dance	Ball Skills	Dynamic Balance	Jumping and Landing Seated Balance Striking and Fielding	Co-ordination and Static Balance
		Gymnastics	Games		Athletics
Cycle B					
KS1					
Co-ordination and Static Balance	Jumping and Landing Seated Balance	Dynamic Balance	Ball Skills	Sending and Receiving	Reaction and Response
Games: Net and Wall	Dance	Games: Striking a ball	Gymnastics	Athletics	Games: Throwing and Catching
Lower KS2					
Co- ordination and Static Balance	Jumping and Landing	Y3 Swimming			
Throwing and Catching	Dance	Dynamic Balance	Ball Skills	Sending and Receiving	Reaction and Response
		Gymnastics	Games	Outdoor Adventure Activities	Athletics
Upper KS2					
Reaction and Response Games: Throwing and Catching	Dance	Ball Skills	Dynamic Balance	Jumping and Landing Seated Balance Striking and Fielding	Co-ordination and Static Balance
		Gymnastics	Games		Athletics

Abram Bryn Gates