

# PE Whole School Overview



- Each class learns PE through following the *BeSports* scheme

| Year group | Autumn 1                            | Autumn 2   | Spring 1  | Spring 2   | Summer 1   | Summer 2   |
|------------|-------------------------------------|--|---|--|--|--|
| <b>R</b>   | 1. Invasion<br>2. Ball skills       | 1. Athletics<br>2. Target games                      | 1. Gymnastics and dance<br>2. Ball skills   | 1. Outdoor adventurous activities<br>2. Ball skills      | 1. Invasion<br>2. Athletics  | 1. Outdoor adventurous activities<br>2. Invasion games |
| <b>1</b>   | 1. Ball skills<br>2. Invasion games | 1. Athletics<br>2. Target games                      | 1. Gymnastics and dance<br>2. Ball skills   | 1. Outdoor adventurous activities<br>2. Athletics        | 1. Net/ wall Ball skills<br>2. striking and fielding                                 | 1. Athletics<br>2. Invasion games                      |
| <b>2</b>   | 1. Ball skills<br>2. Net/ wall      | 1. Gymnastics/ dance<br>2. Target games              | 1. Gymnastics and dance<br>2. Focus on HIIT fitness   | 1. Ball skills<br>2. Net/wall                            | 1. Outdoor adventurous activities<br>2. Striking and fielding                        | 1. Athletics<br>2. Invasion games                      |
| <b>3</b>   | 1. Athletics<br>2. Invasion games   | 1. Gymnastics<br>2. Ball skills (Rugby and Handball) | 1. Target games ( Basketball, handball, dodgeball)<br>2. Ball skills/ net games (Football and volleyball) | 1. Dance<br>2. Ball skills (Hockey and possession games) | 1. Outdoor adventurous activities<br>2. Striking and fielding (cricket and rounders) | 1. Ball skills (Racket sports)<br>2. Athletics         |
| <b>4</b>   | 1. Athletics<br>2. Invasion games   | 1. Gymnastics<br>2. Ball skills (rugby and handball) | 1. Target games ( Basketball, handball, dodgeball)<br>2. Ball skills/ net games (Football and volleyball) | 1. Dance<br>2. Ball skills (Hockey and possession games) | 1. Outdoor adventurous activities<br>2. Striking and fielding (cricket and rounders) | 1. Ball skills (Racket sports)<br>2. Athletics         |
| <b>5</b>   | 1. Athletics<br>2. Invasion games   | 1. Gymnastics<br>2. Ball skills (rugby and handball) | 1. Target games ( Basketball, handball, dodgeball)  | 1. Dance<br>2. Ball skills (Hockey and possession games) | 1. Outdoor adventurous activities  | 1. Ball skills (Racket sports)<br>2. Athletics         |

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|----------|--|---|--|---|--|--|
|          |  |   | 2. Ball skills/ net games (Football and volleyball)  |   | 2. Striking and fielding (cricket and rounders)                                      |  |
| <b>6</b> | 1. Dance/ Athletics<br>2. Invasion games | 1. Dance<br>2. Ball skills (rugby and handball) | 1. Target games (Basketball, handball, dodgeball)<br>2. Ball skills/ net games (Football and volleyball) | 1. Gymnastics<br>2. Ball skills (Hockey and possession games) | 1. Outdoor adventurous activities<br>2. Striking and fielding (cricket and rounders) | 1. Ball skills (Racket sports)<br>2. Athletics |