

Beaver Road PE Long Term Overview – 2023/24

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	<i>Games</i>	<i>Dance/ gym</i>	<i>Games</i>	<i>Dance/ gym</i>	<i>Games</i>	<i>Dance/ gym</i>	<i>Games</i>	<i>Dance/ gym</i>	<i>Games</i>	<i>Dance/ gym</i>	<i>Games</i>	<i>Dance/ gym</i>
Nursery	Gross Motor Skills		Locomotion Skills		Gymnastics		Target Games		Athletics		Tennis/ Cricket	
Reception	Gross Motor Skills		Invasion Games		Target Games		Gymnastics		Athletics		Tennis/ Cricket	
Year 1	Football	Dance (toys)	Hockey Dodgeball	Gym (balance, rolls, curled and wide positions)	Hockey Dodgeball	Dance (animals)	Athletics Fitness	Gym (balance and spins)	Tennis	Dance (minibeasts)	Cricket	Gym (pathways - small and long)
Year 2	Football	Dance (minibeasts)	Hockey Dodgeball	Gym (pathways - curved, zigzag)	Hockey Dodgeball	Dance (Africa)	Athletics Fitness	Gym (curled, stretched and arched positions)	Tennis	Gym (spinning, turning and twisting)	Cricket	Dance (Vehicles)
Year 3	Football	Dance (travel)	Hockey	Gym (points, patches and symmetry)	Handball	Dance (extensions, canon)	Athletics Fitness	Gym (receiving body weight)	Tennis	Dance (Ancient Egypt)	Cricket	Gym (Linking movements together)
Year 4	Tag Rugby	Swimming	Handball	Swimming	Basketball	Swimming	Fitness Gymnastics	Swimming	Athletics Tennis	Swimming	Cricket	Swimming
Year 5	Tag Rugby	Gym (partner work, over and under)	Handball	Dance (Street dance)	Basketball	Gym (matching mirroring and contrasting)	Fitness	Dance (Space)	Athletics	Dance (rainforest dance)	Cricket Tennis	Gym (synchronisation)
Year 6	Tag Rugby	Gym (Counter-balance and counter tension)	Handball	Dance	Basketball	Gym (Flight)	Fitness	Dance	Athletics	OAA	Cricket Tennis	Rounders