

**Physical Education Long Term Overview**  
 “Every champion was once a contender that refused to give up”  
**Rocky Balboa**

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
<b>EYFS</b>	Locomotion: Walking and Jumping		Ball Skills Hands 1		Dance Nursery Rhymes		Gymnastics: High, Low, Over, Under		Ball Skills Feet		Games For Understanding	
<b>Year 1</b>	Locomotion: Running	Gymnastics: Wide, Narrow, Curled	Ball Skills Hands 1	Gymnastics: Body Parts	Ball Skills Feet	Dance: Growing	Ball Skills Hands 2	Dance: The Zoo	Locomotion: Jumping	Games For Understanding	Team Building	Health and Wellbeing
<b>Year 2</b>	Locomotion: Dodging	Gymnastics: Linking	Ball Skills Hands 1	Gymnastics: Pathways	Ball Skills Feet	Dance: Water	Ball Skills Hands 2	Dance: Explorers	Locomotion: Jumping	Games For Understanding	Team Building	Health and Wellbeing
<b>Year 3</b>	Invasion: Netball	Gymnastics Symmetry & Asymmetry	Invasion: Handball	OAA: Communication	Invasion: Basketball	Dance Wild Animals	Invasion: Tag Rugby	Dance: Weather	Net / Wall Tennis	OAA: Problem Solving	Striking & Fielding Rounders	Athletics
<b>Year 4</b>	Invasion: Netball	Gymnastics: Bridges	Invasion: Handball	OAA: Communication	Invasion: Basketball	Dance: Cats	Invasion: Tag Rugby	Dance: Space	Net / Wall Tennis	OAA: Problem Solving	Striking & Fielding Rounders	Athletics
<b>Year 5</b>	Invasion: Netball	Gymnastics: Counter Balance and Counter Tension	Invasion: Football	Health Related Exercise	Invasion: Tag Rugby	Dance: The Circus	Invasion: Hockey	OAA: Communication	Striking & Fielding Rounders	Net / Wall Tennis	Striking & Fielding Cricket	Athletics
<b>Year 6</b>	Invasion: Netball	Health Related Exercise	Invasion: Football	Gymnastics: Matching & Mirroring	Invasion: Basketball	Dance: Carnival	Invasion: Hockey	OAA: Orienteering	Striking & Fielding Rounders	Net / Wall Tennis	Striking & Fielding Cricket	Athletics