



# Nightingale Primary School P.E. Whole School Overview

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Dance/Travelling (Autumnal Theme)	Gymnastics - travelling using apparatus (Firework Theme)	Gymnastics - 5 Basic Shapes	Games – Throwing and catching	Dance (Animals and Growing)	Outdoor games/Multi-Skills (Sports Day Training)
Year 1	Gymnastics  Ball Games Outside/Swimming	Gymnastic  Invasion Games	Dance (Africa)  Ball Skills	Dance  Outside Games	Team Games (Football)  Gymnastics – Points and Patches/Swimming	Athletics – Running, Jumping, Throwing  Swimming
Year 2	Dance- movement and shape  Swimming	Gymnastics - balance  Ball Games Outside	Gymnastics – travelling  Dance	Games – ball games/Tennis  Gymnastics	Invasion Games/Swimming  Dance (Intergr8)	Athletics  Swimming
Year 3	Invasion Games- Rounders  Swimming	Invasion Games – Rounders (Cont.)  Gymnastics (balance using opposing muscles pairs)	Dance – Ball Room (Titanic)  Games- ball games (Bench Ball)	Dance  Games- Netball	Athletics – Competitive sports and activities  Swimming/games (tag rugby)	Swimming/Games – cricket  Gymnastics- strength training.
Year 4	Games- Hockey  Swimming	Dance (carnival of the animals)  Games (Tag Rugby)	Gymnastics  Games- ball games (Basketball)	Gymnastics  Swimming/Games- Tennis	Athletics – Games  Dance – Egyptians	Games- football  Athletics/Swimming
Year 5	Gymnastics – shapes and balance  Swimming	Gymnastics  Sports Skills	Dance  Invasion Games (Netball)	Dance - Dance around the world  Athletics	Athletics  Swimming	Games – Cricket  Swimming
Year 6	Dance Coach (Intergr8)  Invasion Games-Tag Rugby /Swimming	Gymnastics  Games - basketball	Gymnastics – wall bars  Games - create own	Dance  Games	Athletics Competitive sports and activities  Swimming	Games – Cricket  Swimming