PE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	**Elms Sports Coach** Ball Skills & Footwork and coordination **Gym** Use of Space, Different Footwork, Floorwork, Body Parts, Direction	**Elms Sports Coach** Ball Skills & Footwork and coordination **Dance** Unit 1: Stars, Rabbits, Follow My Leader etc	**Elms Sports Coach** Ball Skills & Footwork and coordination **Gym** Unit A/B: Travelling, Stretching and Curling	**Elms Sports Coach** Ball Skills **Dance** Unit 2: Icicles & Water, Mr Jelly & Mr Strong etc	**Elms Sports Coach** Ball Games **Gym** Unit C: Travelling taking weight on different body parts	**Elms Sports Coach** Games & Athletics **Dance** Unit 4: The Scarf, Painting Patterns, The Hungry Caterpillar.
Year 1	**Elms Sports Coach** Ball Skills & Footwork and coordination **Gym** Unit D: Flight – Bouncing, jumping & landing	**Elms Sports Coach** Ball Skills & Footwork and coordination **Dance** Unit 1: Streamers, conkers & playing with a ball	**Elms Sports Coach** Ball Skills & Footwork and coordination **Gym** Unit E: Points & Patches	**Elms Sports Coach** Ball Skills **Dance** Unit 2: March, March, March / Jack & The Beanstalk	**Elms Sports Coach** Ball Games **Gym** Unit F: Rocking and Rolling	**Elms Sports Coach** Games & Athletics **Dance** Unit 3: Fog & Sunshine, Washing Day, Handa's Surprise
Year 2	**Elms Sports Coach** Ball Skills & Footwork and coordination **Gym** Unit H: Parts High, Parts Low	**Elms Sports Coach** Ball Skills & Footwork and coordination **Dance** Unit 1: The Cat, Balloons, Reach for the Stars	**Elms Sports Coach** Ball Skills & Footwork and coordination **Gym** Unit J: Spinning, Turning & Twisting	**Elms Sports Coach** Ball Skills **Dance** Unit 2: Friends, Bubbles & Shadows	**Elms Sports Coach** Ball Games **Gym** Unit K: Linking Movements together	**Elms Sports Coach** Games & Athletics **Dance** Unit 3: Words & Word Messages, Three Little Pigs

Year 3	**Elms Sports Coach** Football **Gym** Unit L: Stretching, Curling & Arching	**Elms Sports Coach** Tag Rugby **Dance** Unit 1: Who am I/The Language of Dance Unit 2: The Explorers	**Elms Sports Coach** Hockey **Gym** Unit M: Symmetry and Asymmetry	**Elms Sports Coach** Tennis **Orienteering** Map and Compass-reading, Problem-solving activities (see Standards)	**Elms Sports Coach** Cricket **Gym** Unit N: Pathways	**Elms Sports Coach** Athletics **Dance** Unit 4: Mechanical Progress
Year 4	**Elms Sports Coach** Tag Rugby **Gym** Unit P: Balance	**Elms Sports Coach** Football **Dance** Unit 1: Giraffe's Can't Dance Unit 2: Electricity	**Elms Sports Coach** Hockey **Gym** Unit S: Rolling	**Elms Sports Coach** Tennis **Swimming** Two week intensive course	**Elms Sports Coach** Cricket **Dance** Unit 3: Snooker Championships	**Elms Sports Coach** **Dance** Unit 4: Wimbledon, Musical Statues
Year 5	**Elms Sports Coach** Football/Hockey **Orienteering** Navigate, Set Maps, Follow Routes – Problem-solving (see Standards)	**Elms Sports Coach** Tag Rugby **Gym** Unit T: Bridges	**Elms Sports Coach** Basketball **Gym** Unit U: Flight	**Elms Sports Coach** Cricket **Dance** Unit 1: Rubbish	**Elms Sports Coach** Tennis **Athletics** Units 1&2: Focus on Throwing, Running and Jumping (see Standards)	**Elms Sports Coach** Athletics **Dance** Unit 3: City Life
Year 6	**Elms Sports Coach** Football/Hockey **Gym** Unit X: Matching and Mirroring	**Elms Sports Coach** Tag Rugby **Dance** Unit 1: World of Sport	**Elms Sports Coach** Basketball/Netball **Gym** Unit 2: Holes and Barriers	**Elms Sports Coach** Cricket **Dance** Unit 3: The Rainforest Tudor Unit: Tudor Dance	**Elms Sports Coach** Tennis **Athletics** Units 1&2: Focus on Throwing, Running and Jumping (see Standards)	**Elms Sports Coach** Athletics **Gym** Unit AA: Counter-balance/Counter-tension

*Games and Athletics taught via Elms Coach during PPA/**Dance and Gym taught by class teachers following Val Sabin SOW