

Bressingham Primary School –P.E Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p style="text-align: center;">In Early Years, P.E is covered through responsive planning within Physical Development, working towards the Gross Motor Skills ELG.</p> <ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 					
	Introduction to P.E	Introduction to P.E	Dance	Gymnastics	Games	Fundamentals
Year 1	Dance & Ball Skills	Fundamentals & Fitness	Gymnastics & Yoga	Sending and Receiving & Team Building	Target Games & Net and Wall	Athletics & Invasion
Year 2	Dance & Ball Skills	Fundamentals & Fitness	Gymnastics & Yoga	Net and Wall & Sending and Receiving	Striking and Fielding & Team Building	Athletics & Invasion
Year 3	Swimming, Dance & Ball Skills	Swimming, Tag Rugby & Ball Skills	Swimming, Gymnastics & Yoga	Swimming, Handball & Fitness	Hockey & Rounders	Athletics & OAA
Year 4	Dance & Swimming	Tag Rugby & Swimming	Gymnastics & Swimming	Fitness & Swimming	Netball & Dodgeball	Athletics & Rounders
Year 5	Dance & Fitness	Football & Yoga	Gymnastics & Dodgeball	Basketball & Hockey	Golf & Cricket	Athletics & OAA
Year 6	Dance & Dodgeball	Fitness & Yoga	Gymnastics & Volleyball	Badminton & Handball	Rounders & OAA	Athletics & Tennis
Whole School	Cluster sports events	Extra-curricular sports opportunities	Active Learning opportunities	Sports Day- Summer Term		