



# Cuddington and Dinton C of E School

## Whole School PE Overview

| Year      | Autumn 1                                  |   | Autumn 2  |   | Spring 1  |  | Spring 2  |                                    | Summer 1   |  | Summer 2   |  |
|-----------|---|---|---|---|---|--|---|------------------------------------|--|--|--|--|
| Reception | <b>Locomotion:</b><br>Walking and Jumping |   | <b>Dance:</b> Ourselves<br><br><b>Gymnastics:</b><br>High, Low, Over, Under |   | <b>Ball skills:</b> Hands 1<br><br><b>Gymnastics:</b><br>Moving |  | <b>Dance</b><br>Nursery Rhymes<br><br><b>Ball Skills:</b> Hands 2 |                                    | <b>Ball Skills:</b> Feet<br><br><b>Locomotion:</b> Running |  | Games For<br>Understanding/Summer<br>dancing/Wellbeing |  |
| Year 1    | <b>Locomotion:</b><br>Running             | <b>Gymnastics:</b><br>Wide, Narrow,<br>Curled | <b>Ball Skills:</b><br>Hands 1  | <b>Dance:</b><br>Growing                      | <b>Ball Skills:</b><br>Feet                                     | <b>Gymnastics:</b><br>Body Parts                     | <b>Ball Skills:</b><br>Hands 2                                    | <b>Dance:</b><br>The Zoo           | <b>Locomotion:</b><br>Jumping                              | Team Building                                  | Health and<br>Wellbeing<br>(Athletics)                 | Summer<br>Dance. Games<br>for<br>understanding |
| Year 2    | <b>Locomotion:</b><br>Dodging             | <b>Gymnastics:</b><br>Linking                 | <b>Ball Skills:</b><br>Hands 1  | <b>Dance:</b><br>Explorers                    | Swimming  | <b>Gymnastics:</b><br>Pathways                       | <b>Ball Skills:</b><br>Feet                                       | Swimming                           | <b>Locomotion:</b><br>Jumping                              | <b>Ball skills:</b><br>Hands 2                 | Games For<br>Understanding                             | Summer<br>Dance. Team<br>Building              |
| Year 3    | <b>Invasion:</b><br>Tag Rugby             | <b>Swimming</b>                               | <b>Swimming</b>   | <b>Gymnastics:</b><br>Symmetry &<br>Asymmetry | <b>Net/Wall:</b><br>Basketball                                  | <b>Dance:</b> Wild<br>Animals                        | <b>Invasion:</b><br>Handball                                      | <b>OAA:</b> Problem                | <b>Net/wall:</b><br>Tennis                                 | <b>Striking &amp;<br/>Fielding:</b><br>Cricket | <b>Striking &amp;<br/>Fielding:</b><br>Rounders        | <b>Athletics</b>                               |
| Year 4    | <b>Invasion:</b><br>Tag Rugby             | <b>Dance:</b><br>Cats                         | <b>Invasion:</b><br>Football  | <b>Gymnastics:</b><br>Bridges                 | <b>Net/Wall:</b><br>Basketball                                  | <b>Dance:</b><br>Space                               | <b>Invasion:</b><br>Handball                                      | <b>OAA:</b><br>Communication       | <b>Net/wall:</b><br>Tennis                                 | <b>Striking &amp;<br/>Fielding:</b><br>Cricket | <b>Striking &amp;<br/>Fielding:</b><br>Rounders        | <b>Athletics</b>                               |
| Year 5    | <b>Invasion:</b><br>Football              | <b>OAA:</b> Problem                           | <b>Invasion:</b><br>Tag Rugby   | <b>Dance:</b><br>Greeks                       | <b>Net/Wall:</b><br>Netball                                     | <b>Gymnastics:</b><br>Counter Balance<br>and Tension | <b>Net/wall:</b><br>Tennis  | <b>Health Related<br/>Exercise</b> | <b>Striking &amp;<br/>Fielding:</b><br>Cricket             | <b>Invasion:</b><br>Hockey                     | <b>Striking &amp;<br/>Fielding:</b><br>Rounders        | <b>Athletics</b>                               |
| Year 6    | <b>Invasion:</b><br>Football              | <b>OAA:</b><br>Communication                  | <b>Invasion:</b><br>Tag Rugby   | <b>Dance:</b><br>Carnival                     | <b>Net/Wall:</b><br>Netball                                     | <b>Gymnastics:</b><br>Matching &<br>Mirroring        | <b>Net/Wall:</b><br>Tennis  | <b>Health Related<br/>Exercise</b> | <b>Striking &amp;<br/>Fielding:</b><br>Cricket             | <b>Invasion:</b><br>Hockey                     | <b>Striking &amp;<br/>Fielding:</b><br>Rounders        | <b>Athletics</b>                               |