

Holbrook Primary School - PE Overview 2024-25

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	1	2	1	2	1	2	1	2	1	2	1	2
Reception	Continuous Provision	Body Management Skills Apparatus 1. Climbing 2. Line walking 3. Landing 4. Balancing	Continuous Provision	Body Management Skills Apparatus 1. Climbing 2. Line walking 3. Landing 4. Balancing	Continuous Provision	Object Control Skills Balls and Bats 1. Underarm throw 2. Overarm Throw 3. Catch large ball	Continuous Provision	Object Control Skills Balls and Bats 1. Under arm throw 2. Overarm Throw 3. Catch large ball	Continuous Provision	Locomotor skills Running and Jumping - Sports Day 1. Sprint Run 2. Skip 3. Hop 4. Gallop 5. Side Gallop 6. Jump for Height	Continuous Provision	Locomotor skills Running and Jumping - Sports Day 1. Sprint Run 2. Skip 3. Hop 4. Gallop 5. Side Gallop 6. Jump for Height
Year 1	Year 1 Attack Defend SH	Gymnastics / Apparatus Body Management Skills Balance on one leg Side Roll Climb Line walk	Year 1 Attack Defend SH	Gymnastics / Apparatus Body Management Skills Balance on one leg Side Roll Climb Line walk	Year 1 - Hit Catch Run	Multiskills Object Control Skills 1. Under arm throw 2. Overarm Throw 3. Catch large ball 4. Foot dribble 5. Kick 6. Two handed strike	Year 1 - Hit Catch Run	Multiskills Object Control Skills 1. Under arm throw 2. Overarm Throw 3. Catch large ball 4. Foot dribble 5. Kick 6. Two handed strike	Dance	Athletics Locomotor skills 1. Sprint Run 2. Skip 3. Hop 4. Gallop 5. Side Gallop 6. Jump for Height	Dance	Athletics Locomotor skills 1. Sprint Run 2. Skip 3. Hop 4. Gallop 5. Side Gallop 6. Jump for Height
Year 2	Year 2 OAA	Tennis Object Control Skills 1. Under arm throw 2. Overarm Throw 3. Catch large ball 4. Two handed strike	Year 2 OAA	Tennis Object Control Skills 1. Under arm throw 2. Overarm Throw 3. Catch large ball 4. Two handed strike	Year 2 Hit Catch Run	Gymnastics Body Management Skills Balance on one leg Side Roll Climb Bench walk	Year 2 Hit Catch Run	Gymnastics Body Management Skills Balance on one leg Side Roll Climb Bench walk	Football Object Control Skills 1. Foot dribble 2. Kick	Athletics Locomotor skills 1. Sprint Run 2. Skip 3. Hop 4. Gallop 5. Side Gallop 6. Jump for Height 7. Jump for distance	Football Object Control Skills 1. Foot dribble 2. Kick	Athletics Locomotor skills 1. Sprint Run 2. Skip 3. Hop 4. Gallop 5. Side Gallop 6. Jump for Height 7. Jump for distance
Year 3	Year 3 OAA Swimming	Benchball Object Control Skills 1. Under arm throw 2. Overarm Throw 3. Catch large ball 4. Chest Pass	Year 3 OAA Swimming	Benchball Object Control Skills 1. Under arm throw 2. Overarm Throw 3. Catch large ball 4. Chest Pass	Dance Swimming	Gymnastics Body Management Skills Balance on one leg Side Roll Climb Bench walk Forward roll	Dance Swimming	Gymnastics Body Management Skills Balance on one leg Side Roll Climb Bench walk Forward roll	Year 3 - Cricket Swimming	Athletics Locomotor skills 1. Sprint Run 2. Skip 3. Hop 4. Gallop 5. Side Gallop 6. Jump for Height 7. Jump for distance	Year 3 - Cricket Swimming	Athletics Locomotor skills 1. Sprint Run 2. Skip 3. Hop 4. Gallop 5. Side Gallop 6. Jump for Height 7. Jump for distance
Year 4	Year 4 - Hockey	Tag Rugby Locomotor skills 1. Sprint Run 2. Dodge Object Control Skills 1. Under arm throw 2. Overarm Throw 3. Catch large ball 4. Chest pass	Year 4 - Hockey	Tag Rugby Locomotor skills 1. Sprint Run 2. Dodge Object Control Skills 1. Under arm throw 2. Overarm Throw 3. Catch large ball	Football Object Control Skills 1. Foot dribble 2. Kick 3. Punt	OAA	Football Object Control Skills 1. Foot dribble 2. Kick 3. Punt	OAA	Year 4 - Dance	Athletics Locomotor skills 1. Sprint Run 2. Skip 3. Hop 4. Gallop 5. Side Gallop 6. Jump for Height 7. Jump for distance 8. leap Continuous	Dance	Athletics Locomotor skills 1. Sprint Run 2. Skip 3. Hop 4. Gallop 5. Side Gallop 6. Jump for Height 7. Jump for distance 8. leap Continuous
Year 5	Football	Dodgeball	Football	Dodgeball	Year 5 - Netball	Gymnastics	Year 5 - Netball	Gymnastics	Year 5 - Athletics	Cricket	Year 5 - Athletics	Cricket
	Dance	Circuits and Fitness	Dance	Indoor Athletics	Year 6 Tag Rugby	OAA	Year 6 Tag Rugby	OAA	Year 6 - Athletics	Rounders	Athletics	Rounders

Year 6	<ul style="list-style-type: none">• Use movement imaginatively and expressively• To form different shapes with their bodies• Change the rhythm, speed, level and direction of their movements• Create and perform		<ul style="list-style-type: none">• Use movement imaginatively and expressively• To form different shapes with their bodies• Change the rhythm, speed, level and direction of their movements• Create and perform									
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