Holbrook Primary School - PE Overview 2024-25

	Autumn 1		Autumn 2		Spirng 1		Spring 2		Summer 1		Summer 2	
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Reception	Continuous Provision	Body Management	Continuous Provision	,	Continuous Provision	Object Control Skills	Continuous Provision	Object Control Skills	Continuous Provision	Locomotor skills	Continuous Provision	Locomotor skills
		Skills		Skills		Balls and Bats		Balls and Bats		Running and Jumping -		Running and Jumping -
		Apparatus		Apparatus						Sports Day		Sports Day
		1. Climbing		1. Climbing		1. Underarm throw		1. Under arm throw		1. Sprint Run		1. Sprint Run
		2. Line walking		2. Line walking		2. Overarm Throw		2. Overarm Throw		2. Skip		2. Skip
		3. Landing		3. Landing		3. Catch large ball		3. Catch large ball		3. Hop		3. Hop
		4. Balancing		4. Balancing						4. Gallop		4. Gallop
										5. Side Gallop		5. Side Gallop
										6. Jump for Height		6. Jump for Height
Year 1	Year 1 Attack Defend Sh	Gymnastics / Apparatus	Year 1 Attack Defend Sh	Gymnastics / Apparatus	Year 1 - Hit Catch Run	Multiskills	Year 1 - Hit Catch Run	Multiskills	Dance	Athletics	Dance	Athletics
						Object Control Skills		Object Control Skills		Locomotor skills		Locomotor skills
		Body Management		Body Management		 Under arm throw 		1. Under arm throw		1. Sprint Run		1. Sprint Run
		Skills		Skills		2. Overarm Throw		2. Overarm Throw		2. Skip		2. Skip
100.2		Balance on one leg		Balance on one leg		3. Catch large ball		Catch large ball		3. Hop		3. Hop
		Side Roll		Side Roll		Foot dribble		Foot dribble		4. Gallop		4. Gallop
		Climb		Climb		5. Kick		5. Kick		5. Side Gallop		5. Side Gallop
		Line walk		Line walk		6. Two handed strike		6. Two handed strike		6. Jump for Height		6. Jump for Height
	Year 2 OAA	Tennis	Year 2 OAA	Tennis	Year 2 Hit Catch Run	Gymnastics	Year 2 Hit Catch Run	Gymnastics	Football	Athletics	Football	Athletics
Year 2		Object Control Skills		Object Control Skills					Object Control Skills	Locomotor skills	Object Control Skills	Locomotor skills
		1. Under arm throw		1. Under arm throw					1. Foot dribble	1. Sprint Run	1. Foot dribble	1. Sprint Run
		2. Overarm Throw		2. Overarm Throw		Body Management		Body Management	2. Kick	2. Skip	2. Kick	2. Skip
		3. Catch large ball		3. Catch large ball		Skills		Skills		3. Hop		3. Hop
		4. Two handed strike		4. Two handed strike		Balance on one leg		Balance on one leg		4. Gallop		4. Gallop
						Side Roll		Side Roll		5. Side Gallop		5. Side Gallop
						Climb		Climb		6. Jump for Height		6. Jump for Height
						Bench walk		Bench walk		7. Jump for distance		7. Jump for distance
	Year 3 OAA	Benchball	Year 3 OAA	Benchball	Dance	Gymnastics	Dance	Gymnastics	Year 3 - Cricket	Athletics	Year 3 - Cricket	Athletics
	Swimming		Swimming		Swimming		Swimming		Swimming		Swimming	
		Object Control Skills		Object Control Skills						Locomotor skills		Locomotor skills
		1. Under arm throw		1. Under arm throw		Body Management		Body Management		1. Sprint Run		1. Sprint Run
V2		2. Overarm Throw		2. Overarm Throw		Skills		Skills		2. Skip		2. Skip
Year 3		3. Catch large ball		3. Catch large ball		Balance on one leg		Balance on one leg		3. Hop		3. Hop
		4. Chest Pass		4. Chest Pass		Side Roll		Side Roll		4. Gallop		4. Gallop
						Climb		Climb		5. Side Gallop		5. Side Gallop
						Bench walk		Bench walk		6. Jump for Height		6. Jump for Height
						Forward roll		Forward roll		7. Jump for distance		7. Jump for distance
	Year 4 - Hockey	Tag Rugby	Year 4 - Hockey	Tag Rugby	Football	OAA	Football	OAA	Year 4 - Dance	Athletics	Dance	Athletics
Year 4	,	Locomotor skills	,		Object Control Skills	<u> </u>	Object Control Skills	1		Locomotor skills		Locomotor skills
		1. Sprint Run		1. Sprint Run	Foot dribble		1. Foot dribble			1. Sprint Run		1. Sprint Run
		2. Dodge		2. Dodge	2. Kick		2. Kick			2. Skip		2. Skip
		Object Control Skills		Object Control Skills	3. Punt		3. Punt			3. Hop		3. Hop
		1. Under arm throw		1. Under arm throw						4. Gallop		4. Gallop
		2. Overarm Throw		2. Overarm Throw						5. Side Gallop		5. Side Gallop
		3. Catch large ball		3. Catch large ball						6. Jump for Height		6. Jump for Height
		4. Chest pass		3. Catch large ball						7. Jump for distance		7. Jump for distance
		T. Chest pass								8. leap Continuous		8. leap Continuous
	Football	Dodgeball	Football	Dodgeball	Year 5 - Netball	Gymnastics	Year 5 - Netball	Gymnastics	Year 5 - Athletics	Cricket	Year 5 - Athletics	Cricket
Year 5	1 Ootsall	Dougenan	1 Ootsall	Dougenan	rear 3 - Netball	Cymnastics	rear 3 - Netball	Cymnastics	Tear 3 - Attricties	CHICKEL	rear J - Attricties	CHICKEL
	Dance	Circuits and Fitness	Dance	Indoor Athletics	Year 6 Tag Rugby	OAA	Year 6 Tag Rugby	OAA	Year 6 - Athletics	Rounders	Athletics	Rounders
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	Use movement	Use movement					
Year 6	imaginatively and	imaginatively and					
	expressively	expressively					
	To form different	To form different					
	shapes with their	shapes with their					
	bodies	bodies					
	 Change the rhythm, 	 Change the rhythm, 					
	speed, level and	speed, level and					
	direction of their	direction of their					
	movements	movements					
	 Create and perform 	Create and perform					