

Lambs Lane Long Term PE overview

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Games / Gymnastics	Games / Dance	Games / Gymnastics	Games / Dance	Athletics / Games	Athletics / Games
Year 1 / 2	<p>Football Team games – tactics attacking and defending</p> <p>Gymnastics balance, co-ordination, agility</p>	<p>Netball/ Basketball running, jumping, throwing and catching Tactics attacking and defending</p> <p>Dance balance, co-ordination, agility</p>	<p>Hockey/ Tag Rugby Ball control, throwing and catching Tactics attacking and defending</p> <p>Gymnastics balance, agility and co-ordination</p>	<p>Tennis running, use of rackets, balance, co-ordination, agility</p> <p>Gymnastics balance, agility and co-ordination</p>	<p>Athletics running, throwing and catching, jumping</p> <p>Cricket running, throwing and catching, tactics</p>	<p>Athletics running, throwing and catching, jumping</p> <p>Outdoor adventure/ Basic orienteering</p>
Year 3 / 4	<p>Football competitive games attacking and defence</p> <p>Gymnastics develop flexibility, strength, technique, control and balance</p>	<p>Netball/ Basketball competitive games attacking and defence</p> <p>Dance perform dances using a range of movement patterns</p>	<p>Hockey/ Tag Rugby running, throwing and catching Competitive games – tactics attacking and defending</p> <p>Gymnastics flexibility, strength, technique, control and balance</p>	<p>Tennis running, throwing Competitive games – tactics attacking and defending</p> <p>Dance perform dances using a range of movement patterns</p>	<p>Athletics develop flexibility, strength, technique, control and balance running, throwing and catching, jumping</p> <p>Cricket & Rounders running, jumping, throwing and catching competitive games attacking and defending</p>	<p>Athletics develop flexibility, strength, technique, control and balance running, throwing, catching, jumping</p> <p>Outdoor adventure outdoor and adventurous activity challenges both individually and within a team</p>
Year 5 / 6	<p>Football competitive games attacking and defending</p> <p>Outdoor adventure (residential)</p> <p>Gymnastics develop flexibility, strength, technique, control and balance</p>	<p>Netball/ Basketball competitive games attacking and defending</p> <p>Dance perform dances using a range of movement patterns</p>	<p>Hockey/ Tag Rugby running, throwing and catching Competitive games – tactics attacking and defending</p> <p>Gymnastics flexibility, strength, technique, control and balance</p>	<p>Tennis running, throwing Competitive games – tactics attacking and defending</p> <p>Swimming – Y5</p> <p>Dance perform dances using a range of movement patterns</p>	<p>Athletics develop flexibility, strength, technique, control and balance running, throwing and catching, jumping</p> <p>Cricket & Rounders running, jumping, throwing and catching competitive games attacking and defending</p>	<p>Athletics develop flexibility, strength, technique, control and balance running, throwing and catching, jumping</p> <p>Outdoor adventure/ orienteering outdoor and adventurous activity challenges - individually and within a team</p>