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	Football	Netball/ Basketball	Hockey/ Tag Rugby	Tennis	Athletics	Athletics
	Team games – tactics	running, jumping,	Ball control, throwing	running, use of rackets,	running, throwing and	running, throwing and
	attacking and	throwing and catching	and catching	balance, co-ordination,	catching, jumping	catching, jumping
	defending	Tactics attacking and	Tactics attacking and	agility		
		defending	defending		Cricket	Outdoor adventure/
	Gymnastics			Gymnastics	running, throwing and	Basic orienteering
	balance, co-ordination,	Dance	Gymnastics	balance, agility and co-	catching, tactics	
	agility	balance, co-ordination,	balance, agility and co-	ordination		
Vac. 2 / 4	Football	agility Netball/ Basketball	ordination	Touris	Athletics	Athletics
Year 3 / 4	competitive games	competitive games	Hockey/ Tag Rugby running, throwing and	Tennis running, throwing	develop flexibility,	develop flexibility,
	attacking and defence	attacking and defence	catching	Competitive games –	strength, technique,	strength, technique,
	attacking and defence	attacking and defence	Competitive games –	tactics attacking and	control and balance	control and balance
	Gymnastics	Dance	tactics attacking and	defending	running, throwing and	running, throwing,
	develop flexibility,	perform dances using a	defending	deteriaing	catching, jumping	catching, jumping
	strength, technique,	range of movement	derending	Dance	catering, jamping	cacaming, jamping
	control and balance	patterns	Gymnastics	perform dances using a	Cricket & Rounders	Outdoor adventure
			flexibility, strength,	range of movement	running, jumping,	outdoor and
			technique, control and	patterns	throwing and catching	adventurous activity
			balance		competitive games	challenges both
					attacking and	individually and within
					defending	a team
Year 5 / 6	Football	Netball/ Basketball	Hockey/ Tag Rugby	Tennis	Athletics	Athletics
	competitive games	competitive games	running, throwing and	running, throwing	develop flexibility,	develop flexibility,
	attacking and	attacking and	catching	Competitive games –	strength, technique,	strength, technique,
	defending	defending	Competitive games –	tactics attacking and	control and balance	control and balance
			tactics attacking and	defending	running, throwing and	running, throwing and
	Outdoor adventure	Dance	defending		catching, jumping	catching, jumping
	(residential)	perform dances using a		Swimming – Y5		
	Common and:	range of movement	Gymnastics	Danas	Cricket & Rounders	Outdoor adventure/
	Gymnastics	patterns	flexibility, strength,	Dance	running, jumping,	orienteering
	develop flexibility,		technique, control and	perform dances using a	throwing and catching	outdoor and
	strength, technique, control and balance		balance	range of movement	competitive games attacking and	adventurous activity challenges - individually
	control and balance			patterns	defending	and within a team
					uerenung	and within a team