

RYHALL CE ACADEMY

Physical Education (PE) OVERVIEW

2022-23



YEAR GROUP	AUTUMN		SPRING		SUMMER	
	TERM 1 (6 wks) and Term 2 (7 wks)		Term 3 (6 wks) and Term 4 (6 wks)		Term 5 (6 wks) and Term 6 (7 wks)	
R	Ball Games Fundamental Movement Skills	Music & Movement Fundamental Movement Skills	Yoga Gymnastics	Playground Games Multi skills	Dance Multi skills	Sports Day skills Multi skills
1	Multi-skills: Running & Jumping Attacking & Defending	Multi-skills: Throwing & Catching (Y1) Bat & Ball Skills	Gymnastics Invasion Games	Multi-skills: Bat & Ball (Y1) Invasion Games	Dance Striking & Fielding	Sports Day skills Multi skills
2	Multi-skills: Throwing & Catching (Y2) Attacking & Defending	Multi-skills: Bat & Ball (Y2) Gymnastics	Circuits Invasion Games	Multifskills Invasion Games	Dance Striking & Fielding	Sports Day skills Multi skills
3	Multisports Football	Gymnastics (Personal Challenge) Invasion Games	Boccia Dodgeball (inter-house comps) Tag Rugby	Circuits Quiksticks Hockey	Dance Quadkids Athletics	Athletics Racket Sports (Tennis)
4	Multisports Netball	Boccia Dodgeball (inter-house comps) Invasion Games	Gymnastics (Personal Challenge) Tag Rugby	Racket Sports (Badminton) Quiksticks Hockey	Dance Quadkids Athletics	Athletics Orienteering Striking/Fielding
5	Netball Football	Gymnastics (Personal Challenge) Tag Rugby	Boccia Dodgeball (inter-house comps) Quiksticks Hockey	Circuits Quadkids Athletics	Dance Swimming* (Personal Challenge) Striking/Fielding (Kwik Cricket)	Athletics Orienteering Racket Sports (Tennis & Badminton)
6	Netball Basketball	Boccia Dodgeball (inter-house comps) Tag Rugby	Gymnastics (Personal Challenge) Quiksticks Hockey	Netball 2 (High 5) Quadkids Athletics	Dance Striking/Fielding(Rounders)	Athletics Swim Safety/Self-Rescue

*may continue for longer depending upon level of ability