



PE Long Term Overview 2022-23

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Multi skills Generic Multi-Skills Festival Unit	Dance On Parade Unit	Gym Fun Gym Shapes Unit	Dance Toys Unit	Gym Move and Hold Unit	Multi skills Fundamentals Unit
1	Multi skills Fundamentals Unit 1	Dance Moving Words	Gym Jumping Jacks Unit	Dance Weather Unit	Gym Rock and Roll Unit	Multi skills Fundamentals
2	Multi skills Fundamentals Unit 1	Dance Great Fire of London Unit	Gym Points of Contact Unit	Dance Magical Friendships Unit	Gym Ball, Tall and Wall Unit	Multi skills Fundamentals Unit 2
3	Games Ball Handling Skills Unit	Striking field games Working with Primary Stars' Coach	Dance Solar System Unit	Gym Patterns and Pathways Unit	Gym Hand Apparatus Unit	Athletics Challenges Unit
					Rugby – Rochdale Hornets	
4	Games Invasion Games Ball on The Ground Unit	Net Games Working with Primary Stars' Coach	Dance Rugby and The Haka	Gym Principles of Balance Unit	Gym Rotation Unit	Athletics Pentathlon Unit
					Rugby – Rochdale Hornets	
5	Games Invasion Games Football Unit	Gym Pair Composition Unit	Dance Dance Styles Unit	Gym Press and Go Unit	Games Netball Unit	Athletics Heptathlon Unit
6	Games Invasion Games Hockey Unit PDF Part 1 Pages 70-99	Gym Body Symmetry Unit PDF Part 1 Pages 30-68	Dance Football Unit PDF Part 1 Pages 6-28	Gym Group Work Unit PDF Part 2 Pages 64-101	Games Invasion Games Tag Rugby PDF Part 1 Pages 100-116	Athletics Decathlon Unit PDF Part 2 Pages 6-38