



PE Overview – 2023-24

Time Allocation: at least 2 hours per week of timetabled PE for each child, Daily Mile 15mins (at least 3 x per week),
Swimming 45 mins – 6 weeks per year grp approx. (some yr groups to get one extra term)

YEAR	Who?	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y3	Premier Sport	Rotation: Invasion Games – tag Rugby, handball, netball	—————→		Athletics – (2 weeks each of running, jumping throwing)	Rotation: (4 weeks each) Tennis, Rounders, Tri-Golf	—————→
	Class Teacher	Gymnastics Y3 Real gym- Unit 1	Real PE (Personal – Y3 Unit 1)	Gymnastics Y3 Real gym- Unit 2 flight & climbing sequences	Dance	Real PE (Social – Y3 Unit 2)	Real PE (Cognitive – Y3 Unit 3)
Y4	Premier Sport	Rotation: Invasion Games – hockey, football, basketball	—————→		Athletics (2 weeks each of running, jumping throwing)	Rotation: (4 weeks each) Tennis, Cricket, Tri-Golf	—————→
	Class Teacher	Gymnastics Y4 Real gym- Unit 1	Real PE (Creative – Y4 Unit 4)	Dance	Gymnastics Y4 Real Gym – Unit 2 Flight & group sequences	Real PE (Physical – Y4 Unit 5)	Real PE (Fitness – Y4 Unit 6)
Y5	Premier Sport	Rotation: Invasion Games – Tag rugby, handball, netball	—————→		Athletics (2 weeks each of running, jumping throwing)	Rotation: (4 weeks each) Tennis, Stoolball, cricket	—————→
	Class Teacher	Dance	Gymnastics Y5 Real gym- Unit 1	Real PE (Personal – Y5/6 Unit 1)	Gymnastics Y5/6 Real Gym- Unit 2 Acrobatic & climbing sequences	Real PE (Social– Y5/6 Unit 2)	Real PE (Cognitive – Y5/6 Unit 3)
Y6	Premier Sport	Invasion Games– hockey, football, basketball	—————→		Athletics (2 weeks each of running, jumping throwing)	Rotation: (4 weeks each) volleyball, cricket Rounders/Stoolball,	—————→
	Class Teacher	Real PE (Creative – Y5/6 Unit 4)	Dance	Gymnastics (Bridges, holes & barriers)	Virtual competition Quadkids Athletics	Real PE (Physical– Y5/6 Unit 5)	Real PE (Health & Fitness – Y5/6 Unit 6)