



Christ Church (Church of England) Infant School and Nursery

Grow and learn together in the presence of God

Whole School Long Term P.E Overview

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Locomotion	Stability	Dance –Nursery Rhymes	Yoga	A day on the farm	Target Games 1
	Fundamental movement skills Moving in different ways, learning about their own space and negotiating space with others	Fundamental movement skills Stability through balancing	Fundamental movement skills Performing a basic sequence of movements.	Fundamental movement skills Movement and Poses	Fundamental movement skills through active story telling.	Fundamental movement skills. Throwing, catching, striking and kicking.
	<p>At least 90 minutes per day of moderate to vigorous activity through planned provision. Including opportunities to develop fundamental small and gross motor movement skills, develop body strength, co-ordination, balance and agility.</p>					
Reception	Fundamental Movement skills 1	Net Wall games skills 1	Target Games 1	Invasion Games	Striking and Fielding Skills 1	Athletics Skills 1
	Fundamental movements, moving in a range of ways to develop fine motor skills.	Fundamental movement skills. Throwing and catching.	Fundamental movement skills. Throwing and catching.	Fundamental movement skills. Sending, receiving and bouncing.	Fundamental movement skills Batting and bowling skills.	Fundamental movement skills Developing balance, agility and co-ordination.

Reception	Fine Motor Skills	Gymnastics Rocking and Rolling	Dance Seasons	Gymnastics Flight- Bouncing, jumping and landing	Object Manipulation 1	Dance In the Jungle
	Fundamental movement skills including moving in a range of ways to develop fine and gross motor skills.	Fundamental movements developing balance, agility and co-ordination.	Fundamental movement skills. Agility, balance and co-ordination. Movements and actions.	Fundamental movements developing balance, agility and co-ordination.	Fundamental movements including running, jumping, throwing and catching, bouncing and aiming as well as developing balance, agility and co-ordination	Fundamental movement skills. Agility, balance and co-ordination. Movements and actions.
Year 1	Net and Wall Games Skills 2	Fundamental Movement Skills 2	Target Games 2	Striking and Fielding 1	Invasion Games Skills 2	Locomotion skills 2
	Fundamental movement skills. Agility, balance and coordination. Sending and receiving. Sporting values	Fundamental movements, balance, agility and co-ordination.	Fundamental movement skills. Agility, balance and co-ordination. Throwing, catching, striking and kicking, sending and receiving.	Fundamental movements, balance, agility and co-ordination. Batting, fielding and bowling skills. Sporting values	Fundamental movements, balance, agility and co-ordination. Attacking and defending. Sporting values	Fundamental movements, balance, agility and co-ordination. Linking movements, jumping and skipping.

Year 1	Gymnastics Balancing and spinning points and patches	Dance Animals	Gymnastics Pathways Small and Long	Dance Under the Sea	Yoga	Athletic Skills 2 Including Sports day
	Fundamental movements, balance, agility and co-ordination.	Fundamental movements, balance, agility and co-ordination. Movements, actions and patterns.	Fundamental movements, balance, agility and co-ordination. Perform actions and sequences of movements.	Fundamental movements, balance, agility and co-ordination. Movements, actions and patterns.	Fundamental movement skills. Developing balance, relaxation and flexibility.	Fundamental movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination. Sporting values
Year 2	Net and Wall Game Skills 2	Target Games 2	Tri-Golf	Invasion Games Skills 2	Striking and Fielding 2	Outdoor Adventure
	Fundamental movements, balance, agility and co-ordination. Striking skills, forehand, backhand. Sporting Values	Fundamental movement skills including running, jumping, throwing and catching. Developing skills and understanding of complex techniques.	Fundamental movements, developing balance, agility and co-ordination. Sporting values.	Fundamental movement skills, balance, agility and co-ordination. Attacking and defending. Sporting values	Fundamental movements skills. Balance, agility and co-ordination. Batting, fielding and bowling skills. Sporting values	Fundamental movements, balance, agility and co-ordination.
Year 2	Dance Pirates	Gymnastic - Spinning, turning and twisting	Dance Fire of London	Gymnastics - Stretching, curling and arching	Fundamental Movement Skills 3	Athletics 2 including Sports Day

	<p>Fundamental movements, balance, agility and co-ordination.</p> <p>Movements, actions and patterns and sequences.</p>	<p>Fundamental movements, balance, agility and co-ordination.</p> <p>Perform actions and sequences of movements.</p>	<p>Fundamental movements, balance, agility and co-ordination.</p> <p>Movements, actions and patterns and sequences.</p>	<p>Fundamental movements, balance, agility and co-ordination.</p> <p>Perform actions and sequences of movements.</p>	<p>Fundamental movements, balance, agility and co-ordination.</p>	<p>Fundamental movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.</p> <p>Sporting values</p>
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Soccer 2000 lessons

Class Teacher lessons