

Key Stage 1 Physical Education Overview

Cycle A	Autumn 1 st Half	Autumn 2 nd Half	Spring 1 st Half	Spring 2 nd Half	Summer 1 st Half	Summer 2 nd Half
Themes	All About Me		Poles Apart		Transport & Journeys Up, up and away	
Indoor	Gymnastics Y1 D Flight – bouncing, jumping and landing	Dance Y1 Unit1 Autumn dance – Conkers Christmas dance	Gymnastics Y1 F Rocking and rolling	Dance Year 1 Unit2 Washing day	Gymnastics Y1 G Wide, narrow & curled	Dance Y2 Unit 1 Balloons & Reach for the stars
Outdoor	Y1 Unit 1 Ball skills and games	Y1 Unit 2 Throwing and catching & aiming games	Y1 Unit 3 Bat and ball skills & games Skipping	Y1 Unit4 Developing partner work	Athletics	Athletics and tennis

Cycle B	Autumn 1 st Half	Autumn 2 nd Half	Spring 1 st Half	Spring 2 nd Half	Summer 1 st Half	Summer 2 nd Half
Themes	Houses and Homes	Significant Events- Bonfire night, Diwali, Great fire of London	Toys		Night time	Plants and Mini beasts
Indoor	Gymnastics Y2 H Parts high, parts low	Dance Y2 Unit3 The three little pigs	Gymnastics Y2 I Pathways, straight, zig-zag & curving	Dance Toy dances	Gymnastics Y2 J Turning, spinning, twisting	Dance Y1 Unit 2 Jack and the beanstalk Mini-beasts
Outdoor	Y2 Unit1 Throwing and catching & inventing games	Y2 Unit2 Making up a game	Y2 Unit3 Dribbling, kicking and hitting	Y2 Unit4 Group games and inventing rules	Athletics	Athletics and tennis