

Holywell Long-term Overview 2024 – 2025

	Autumn		Spring		Summer	
	1	2	1	2	1	2
Nursery PE is alternate each half term with forest school ensuring the part time children get full coverage.	Fundamentals unit 1	Fundamentals unit 1	Gymnastics unit 1	Gymnastics	Dance unit 1	Ball skills unit 1
Reception	Fundamentals unit 2	Dance unit 2	Gymnastics unit 2	Gymnastics	Balls skills unit 2	. Games unit 2
Year 1	Indoor - Gymnastics Outdoor – Ball skills	Indoor – Gymnastics Outdoor – Fundamentals	Indoor – Dance Outdoor – Sending and receiving	Indoor – Dance Outdoor – Net and Wall games	Indoor – Target games Outdoor – Striking and fielding	Indoor – Fitness Outdoor – Athletics
Year 2	Indoor – Team building Outdoor- Fundamentals	Indoor – Gymnastics Outdoor – Ball skills	Indoor -- Dance Outdoor - Fitness	Indoor – Dance Outdoor – Invasion games	Indoor – Net and wall Outdoor- Striking and fielding	Indoor – Target games Outdoor- Athletics
Year 3	Indoor – Dance Outdoor – Fundamentals	Indoor – Dance Outdoor – Hockey	Swimming TBC	Swimming TBC	Indoor – Fitness Outdoor - Netball	Indoor - Gymnastics Outdoor - Athletics
Year 4 Coaches	Indoor - Gymnastics Outdoor – Football	Indoor – Ball skills Outdoor – Basketball	Indoor – Dance Outdoor - Tennis	Indoor- Dance Outdoor - OAA	Indoor – Fitness Outdoor - Rounders	Indoor – Yoga Outdoor - Athletics
Year 5	Indoor – Dance Outdoor - Tennis	Indoor – Dance Outdoor – football	Indoor – Gymnastics Outdoor - OAA	Indoor – Fitness Outdoor – Netball	Indoor- Dodgeball Outdoor - Rounders	Indoor – Handball Outdoor - Athletics

Year 6	Indoor – Dance	Indoor – Fitness	Indoor – Gymnastics	Indoor – Gymnastics	Indoor – Dodgeball	Indoor – Yoga
	Outdoor – Hockey	Outdoor – Tennis	Outdoor – Basketball	Outdoor - OAA	Outdoor- Rounders	Outdoor – Athletics