

Holywell Primary School & Nursery Physical Education Overview

Year Group	Gymnastics	Dance	Multi skills	Ball skills (invasion)	Throwing and catching (field games)	Striking and fielding (field games)	Athletics
N	Benches and boxes used for children to balance and pull themselves up on to build shoulder strength.	Imitates movement in response to music.		Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.	Can catch a large ball.		
R	Jungle Journey – Programme for building core strength and shoulder and pelvic girdle strength	Children represent their own feelings, thoughts and ideas through dance.		Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.	Can catch a bean bag / smaller ball.		
1	Gymnastics	Dance	Multi skills	Ball skills	Throwing and catching skills		Running
2	Gymnastics	Dance		Ball skills	Throwing and catching skills	Striking and fielding skills	Athletics
3	Gymnastics	Dance	Swimming	Ball skills		Striking and fielding skills	Athletics
4	Gymnastics	Dance		Ball skills	Rounders	Short Tennis	Athletics
5	Gymnastics	Dance		Netball	Cricket	Tennis	Athletics
6	Gymnastics	Dance	Swimming for those who cannot swim 25m	Rugby/Hockey	Cricket	Badminton	

