

Sports Coaching Ltd

Physical Education – Whole School Overview

Based on 2 hours week PPA cover per week

Year Group	AUTUMN		SPRING		SUMMER	
1	Games Rolling, Throwing and Catching 1 Gymnastics Lessons 1 -3	Gymnastics Lessons 4 -6 Games Kicking and Handling	Games Dribbling and Dodging Gymnastics Lessons 7 - 8	Dance (TOPS DANCE or Dudley Scheme) Dance (TOPS DANCE or Dudley Scheme)	Games Hitting and Target Games Games Balls, Hoops and Beanbags (g)	Games Scoring Points Gymnastics Supporting Weight (g)
2	Games Rolling, Throwing and Catching 2 Gymnastics Lessons 1 -3	Gymnastics Lessons 4 -6 Games Where's the goal?	Games Running, Kicking and Dribbling Gymnastics Lessons 7 - 8	Dance (TOPS DANCE or Dudley Scheme) Dance (TOPS DANCE or Dudley Scheme)	Games Uni-hockey Gymnastics Transfer of Weight (g)	Games Short Tennis 1 Gymnastics Flight 1 (g)
3	Games Football 1 Gymnastics Lessons 1 -3	Games Outdoor and Adventure 1 Games Basketball 1	Gymnastics Symmetry and Asymmetry (g) Dance (TOPS DANCE or Dudley Scheme)	Dance (TOPS DANCE or Dudley Scheme) Games Indoor Athletics	Games Athletics Gymnastics 6 Action Sequences (g)	Games Kwik-Cricket 1 Gymnastics Controlling Speed (g)

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4	Games Mini- Tag Rugby Gymnastics Lessons 1 -3	Gymnastics Flight 2 (g) Games Hockey 1	Gymnastics 7 Action Sequences (g) Dance (TOPS DANCE or Dudley Scheme)	Dance (TOPS DANCE or Dudley Scheme) Games Outdoor and Adventure	Games Athletics Games Kwik Cricket	Games Athletics Games Short Tennis 2
5	Games Invasion Games Gymnastics Lessons 1 -3	Gymnastics 8 Action Sequences (g) Games Basketball 2	Games Netball Dance (TOPS DANCE or Dudley Scheme)	Dance (TOPS DANCE or Dudley Scheme) Games Net/Wall Games	Games Athletics Games Striking & Fielding	Games Athletics Games Striking & Fielding
6	Games Hockey 2 Gymnastics Lessons 1 -3	Gymnastics 9 Action Sequences (g) Games Netball 2	Games Volleyball Dance (TOPS DANCE or Dudley Scheme)	Dance (TOPS DANCE or Dudley Scheme) Games Outdoor and Adventure 2	Games Athletics Games Net/Wall Games	Games Athletics Games Striking & Fielding