



Deeping St James

Physical Education Overview 2022-2023



| YEAR GROUP | TERM 1 | TERM 2 | TERM 3 | TERM 4 | TERM 5 | TERM 6 |
|------------|----------------------------|-----------------------|--------------------|--------------------|-----------------------|---------------------|
| EYFS | Introduction to PE: Unit 1 | Fundamentals: Unit 1 | Games: Unit 1 | Gymnastics: Unit 2 | Dance: Unit 2 | Games: Unit 2 |
| | Introduction to PE: Unit 2 | Fundamentals: Unit 2 | Gymnastics: Unit 1 | Dance: Unit 1 | Ball Skills: Unit 1 | Ball Skills: Unit 2 |
| YEAR 1 | Fundamentals | Dance | Gymnastics | Fitness | Athletics | Team Building |
| | Ball Skills | Sending and Receiving | Yoga | Invasion | Striking and Fielding | Target Games |
| YEAR 2 | Fundamentals | Dance | Gymnastics | Fitness | Athletics | Team Building |
| | Ball Skills | Sending and Receiving | Yoga | Invasion | Striking and Fielding | Net and Wall |
| YEAR 3 | Fundamentals Y3/4 | Dance | Gymnastics | Tennis | Athletics | Cricket |
| | Ball Skills Y3/4 | Tag Rugby | Hockey | Forest School | Handball | Rounders |
| YEAR 4 | Fitness | Dance | Gymnastics | Tennis | Athletics | Forest School |
| | Football | Dodgeball | Yoga | Basketball | Cricket | Rounders |
| YEAR 5 | Fitness | Dance | Gymnastics | Tennis | Athletics | Cricket |
| | Hockey | Netball | Yoga | Handball | Forest School | Rounders |
| YEAR 6 | Tag Rugby | Dance | Gymnastics | Tennis | Athletics | Cricket |
| | Netball | Football | Swimming | Basketball | Volleyball Y5/6 | Rounders |

Resilient Risk Taker Determined Self Improver Persistent Problem Solver Cooperative Group Worker

Inspire to learn, achieve together