

Alban City School annual PE overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Fundamentals		Dance	Ball skills	Gymnastics	Introduction to PE
Year 1	Fundamentals	Team building	Fitness	Gymnastics	Athletics	Dance
			Ball Skills	Sending and receiving	Net and wall	Invasion games
Year 2	Ball skills	Gymnastics	Sending and receiving	Dance	Athletics	Net and wall
	Fundamentals	Target games	Fitness	Invasion games	Yoga	Striking and fielding
Year 3	Gymnastics	Football	Ball skills	Tag rugby	Athletics	Cricket
	Fundamentals (3/4)	Dance	Fitness	Golf	Tennis	Yoga
Year 4	Ball skills	Gymnastics	Basketball	Dance	Fitness	Cricket
	Invasion games	Netball	Yoga	Football	Tennis	Athletics
Year 5	Football	Netball	Dance	Golf	Athletics	Cricket
	Swimming	Swimming	Basketball	Tag rugby	Badminton	Handball
Year 6	Netball	Athletics	Gymnastics	Cricket	Dance	Handball
	Football	Tag Rugby	Basketball	Badminton – top up swimming	Tennis	Rounders

Year 4	Year 5	Year 6
Archery	Climbing and OAA	OAA offsite- residential