

PE Long Term Overview 16-17

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	Balance Co-ordination	Changing Direction	ABC Programme (4weeks)	ABC Programme (4weeks)	Ball Control / Team Work	Athletics (5 weeks) + (2 weeks pre sports day)
1	ABC Programme (7/8 weeks)	Dance Agility, Balance, Co- ordination	Gymnastics Agility, Balance, Co- ordination	Games Sending and Receiving	Games Attacking and Defending	Athletics (5 weeks) + (2 weeks pre sports day) Running and Jumping
2	Dance Agility, Balance, Co- ordination	Gymnastics Agility, Balance, Co- ordination	Games Sending and Receiving	Games Attacking and Defending	Games Striking and Fielding	Athletics (5 weeks) + (2 weeks pre sports day) Running and Jumping

EY – Following ABC and Val Sabine Planning

KS1 – Following Val Sabine Planning