

## Physical Education Overview

<b>FSU</b>	<p><b>ELG Fine Motor</b></p> <ul style="list-style-type: none"> <li>Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases.</li> <li>Use a range of small tools, including scissors, paint brushes and cutlery.</li> <li>Begin to show accuracy and care when drawing.</li> </ul> <p><b>ELG Gross Motor</b></p> <ul style="list-style-type: none"> <li>Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>Demonstrate strength, balance and coordination when playing.</li> </ul> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>					
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>FSU</b>  For more information about how physical development is embedded across the year, please see the 'what does PE look like in EYFS' document.	Dough disco Forest School Message centre Mark making Moving round the garden	Dough disco Forest School Taking turns Keeping scores Obstacle courses	Doodle disco Forest School Woodwork Throwing games Beanbag games	Doodle disco Forest School Woodwork Skipping ropes Jumping games Different types of jumping	Doodle disco Forest School Woodwork Glue gun models Country dancing Tennis	Doodle disco Forest School Woodwork Glue gun models Swimming Sports Day Tennis

Cycle A	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>KS1</b>	Gymnastics (Wide, Narrow, Curled)  Locomotion (Running 1)	Ball Skills (Hands 1)  Gymnastics (Body Parts)	Ball Skills (Feet 1)  Dance (Growing)	Ball Skills (Hands 2)  Dance (The Zoo)	Attack v Defence (Games for Understanding)  Locomotion (Jumping 1)	Health and Wellbeing  Team Building
<b>LKS2</b>	Gymnastics (Bridges)  Football	Dance (Space)  Hockey	Handball  Netball	Tag Rugby	Cricket  Athletics	Swimming  Rounders

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<b>UKS2</b>	Gymnastics (Matching & Mirroring)	Dodgeball	Dance (Carnival)	Badminton	Tennis	Swimming
	Football	Hockey	Netball	Tag Rugby	Cricket	Athletics

Cycle B	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>KS1</b>	Gymnastics (Linking)	Ball Skills (Hands 1)	Ball Skills (Feet 1)	Ball Skills (Hands 2)	Attack v Defence (Games for Understanding)	Health and Wellbeing
	Locomotion (Dodging 1)	Gymnastics (Pathways)	Dance (Water)	Dance (Explorers)	Locomotion (Jumping 1)	Team Building
<b>LKS2</b>	Gymnastics (Symmetry & Asymmetry)	Dance (Wild Animals)	Tag Rugby	Basketball	Cricket	Swimming
	Football	Hockey	Netball	Tennis	Athletics	Rounders
<b>UKS2</b>	Gymnastics (Matching & Mirroring)	Dodgeball	Dance (The Circus)	Netball	Tennis	Swimming
	Football	Hockey	Tag Rugby	Rounders	Cricket	Athletics