

## PE Overview KS 1 and 2 - Horton St Michael's

### Year A

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Fundamentals Ball Skills	Dance Striking and Fielding	Gymnastics Sending and Receiving	Yoga Net and Ball Games	Team building	Athletics

### Year B

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Fundamentals Ball Skills	Dance Invasion Games	Gymnastics Fitness	Yoga Target Games	Team building	Athletics

### KS2

#### Year A

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invasion Games Skills / Football / Hockey Netball / Rugby	Fitness - Skipping/ Jumping etc Yoga / Pilates - Developing flexibility, control and balance	Gymnastics Dance	Target Games Striking and fielding - cricket	Net and wall games - Badminton Tennis	Athletics Outdoor adventurous activities - Eg - Orienteering

#### Year B

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Invasion Games Skills / Football / Hockey Netball / Rugby	Fitness - Skipping/ Jumping etc Yoga / Pilates - Developing flexibility, control and balance	Gymnastics Dance	Target Games Striking and fielding - rounders	Net and wall games - Badminton Tennis	Athletics Golf