

St George's Central CE Primary School and Nursery

Subject Overview for Physical Education 2020-2022

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	What can I do with my body? Outdoor physical play daily. Indoor hall sessions daily, incorporating music and movement, gymnastics, large and small apparatus skills. Field athletics in the summer term.					
R	Gymnastics: How do I travel in different ways?		Dance: How do I move to a beat?		Games: How do I use my body to play different games?	
Y1/2	Multi-Skills Which skills are needed to play different sports?	Multi-Skills Is it better to be a tortoise or a hare?	Dance How can a story be told through movements?	Gymnastics What makes a great gymnast?	Strength/Agility/Fitness What does exercise do to my body?	Yoga What does exercise do to my brain?
	Multi-Skills What is meant by balance and coordination?	Ball Skills What is the best way to throw and catch?	Multi-Skills How can I change the way I travel?	Ball Skills Have you seen my moving and passing skills?	Athletics/OAA How do we go for gold?	
Y3/4	Multi-Skills Would you rather have agility, balance or coordination?	Strength/Agility/Fitness What can we do to improve core strength?	Dance How can we use dance to show different ideas?	Gymnastics How can my body make different shapes?	Strength/Agility/Fitness How might we improve strength and stamina?	Yoga How can exercise look after our mind and bodies?
	Ball Skills How many ways can you throw and catch?	Striking and Fielding Which sports involve striking a ball?	Invasion Games What does it take to win?	Swimming What is the importance of being able to swim? How do I swim using a range of strokes? What makes a confident/ competent swimmer? How can we be safe in the water?		
Y5/6	Dance How do dancers move so fluently?	Strength/Agility/Fitness How fast can I go?	Dance What does it take to be a choreographer?	Gymnastics How do we combine action, balance and shape?	Strength/Agility/Fitness How long can I last?	Yoga How might yoga lead to a better life?
	Invasion Games What is 'reading a game' and why is it so important?	Invasion Games Why is Lionel Messi such a great attacker?	Invasion Games What are the best ways to defend?	Ball Skills Does practise make perfect?	Athletics/OAA What does it take to be an Olympian?	Athletics/OAA How do I achieve my personal best?
ATSA comps	KS2 Hockey KS2 Swimming KS2 Cross Country	KS2 Kurling Y5/6 VX KS2 Basketball KS2 Dance	KS2 Cross Country Football Leagues Y3/4 Hockey Y1/2/3 MUFC Football	KS2 Waterpolo Y3/4 Futsal KS1 Dance	Girls' Football KS2 Tag Rugby Y5/6 Rounders	Girls' Netball League KS2 Athletics Mixed Football Cup KS2 Kwik Cricket KS1 Football
2020/21 Events	British Athletics Ryder Cup Golf	Men's T20 World Cup Euro Artistic Gymnastics	Australian Tennis Open Women's ODI cricket	Six Nations Rugby World Indoor Athletics	Invictus Games French Open Tennis	Euro 2021 Football Wimbledon Tennis Tokyo Olympics
2021/22 Events	Frech Open (Tennis) Paralympic Games	Men's T20 World Cup Rugby League World Cup	Winter Olympics Six Nations Rugby	Invictus Games (athletics)	Tour de France	British Golf Open Commonwealth Games

'Never settle for less than your best'