



# Seamer and Irton CP School

## Physical Education Long-term Overview



Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
<b>Reception</b>	Dance: Ourselves		Locomotion: Walking		Gymnastics: High, Low, Over, Under	Ball Skills: Hands 2	Little Yoga Stars	Dance: Dinosaurs	Net/Wall: Rackets, Bats, Balls and Balloons		OAA/Games: Games For Understanding	
<b>Year 1</b>	Dance: The Zoo	Golf with Ivan	Little Yoga Stars Zoo	Ball Skills: Hands 1	Gymnastics: Wide, Narrow Curled	Locomotion: Running	Ball Skills: Hands 2		Net/Wall: Rackets, Bats and balls	Dance: Growing	OAA: Team Building	
<b>Year 2</b>	Dance: Water	Golf with Ivan	Locomotion: Jumping		Dance: Mr Candy's Sweet Shop		Gymnastics: Linking		Rackets, Bats and balls	OAA: Team Building	Little Yoga Stars	Games for understanding
<b>Year 3</b>	Dance: Wild Animals	OAA: Communication and Tactics	Games: Dodgeball		Gymnastics: Symmetry and Asymmetry		Dance: Weather		Net/Wall: Tennis	Little Yoga Stars	Athletics	Striking/Fielding: Cricket  Golf with Ivan
<b>Year 4</b>	Dance: Greeks	Swimming	OAA: Problem Solving	Swimming	Gymnastics: Bridges	Little Yoga Stars	Striking/Fielding: Cricket		Net/Wall: Tennis	Golf with Ivan	Athletics	Games: Quidditch
		OAA: Problem Solving	Gymnastics: Bridges		Swimming			Swimming				
<b>Year 5</b>	Dance: Street Art	Little Yoga Stars	Games: Tag Rugby		OAA: Orienteering	Dance: Space	Gymnastics: Counter Balance and		Net/Wall: Tennis	Golf with Ivan	Athletics	Striking/Fielding: Rounders

