

PE Units Overview

Main unit

Sub unit

Term	Sports and Physical Focus	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	SPARKLE Attribute to permeate throughout unit
Autumn 1	Unit A Invasion Games (Coordination footwork patterns and single balance)	Simple Team Games	Chasing games	Netball	Touch Rugby	Handball	Basketball	Kind and Caring/Polite Social skills and communication
		Football FMS*	Rugby FMS*	Football	Basketball	Kabaddi	Hockey	
Autumn 2	Unit B Net and wall games (Agility: Reaction time, Seated Balance)	Throw and catch tennis		Tennis	Dodgeball	Tennis	Badminton	Resilience Communication skills and teamwork
		Tennis FMS*	Volleyball FMS*	Table Tennis	Seated Volleyball	Volleyball	Tennis	
Spring 1	Unit C Gymnastics/Dance (Counter balance and Balance to Agility: Jumping)	Gymnastics (apparatus)		Unit G Swimming	Cheerleading	Gymnastics (floor)	Zumba	Ambitious Creativity and expression
		Cheerleading FMS*	Dance	Exercise to Music (aerobics)	Rhythmic gymnastics	Contemporary Dance	Gymnastics (floor)	
Spring 2	Unit D Target Games (Coordination with a ball - sending and receiving and small based balancing)	Bowling	Target Games FMS*	Range of Target Games	Unit G Swimming	Foot Golf	Range of Target Games	Self-motivated Personal skills and personal development
		Bowling	Target Games FMS*	Boccia/Bowls	Disc/ Frisbee Golf	Mollky (Finnish skittles)	New age curling	
Summer 1	Unit E Striking and Fielding (Balancing in front support and Coordination with equipment)	Rounders FMS*	Cricket FMS*	Football Rounders	Rounders	Unit G Swimming	Cricket	Learner Problem solving/applying skills/ learning rules
		Rounders FMS*	Cricket FMS*	Cricket	Cricket	Cricket	Softball	
Summer 2	Unit F Athletics (Running, jumping and throwing in isolation and combination) Unit H Outdoor Education (Developing outdoor and adventurous skills)	Athletics					Unit G Swimming	Enthusiastic Fitness, health and developing stamina
		Forest Skills	Orienteering	Forest Skills	Orienteering	Team Building	Athletics	

*Fundamental Movement Skills