



St Patrick's Catholic Primary School

P.E. Overview 2023-24

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation	Balance <i>stand on one leg</i> Ways of travelling <i>skip, hop, jump</i>	Dance <i>Make big movements</i>	Ball skills <i>roll a ball with control, passing, target</i>	Gymnastics Ways of travelling <i>over and under equipment with confidence</i>	Ball skills <i>Catching and throwing</i>	Athletics (Sports day) <i>Running, jumping, target, throwing, co-ordination</i>
Year 1	Football <i>Running, jumping, passing, throwing, target, team games</i>	Tennis / Badminton <i>Bat and ball, Target</i> <i>Co-ordination</i>	Rugby / Netball <i>Throwing, catching</i> <i>Attacking / defending</i> <i>Team games</i>	Dance / Gymnastics <i>Movement, pattern, co-ordination</i>	Cricket / Hockey <i>Throwing, catching</i> <i>Attacking / defending</i>	Athletics (Sports day) <i>Running, jumping, target, throwing, co-ordination</i>
Year 2	Football <i>Running, jumping, passing, throwing, target, team games</i>	Tennis / Badminton <i>Bat and ball, Target</i> <i>Co-ordination</i>	Rugby / Netball <i>Throwing, catching</i> <i>Attacking / defending</i> <i>Team games</i>	Dance / Gymnastics <i>Movement, pattern, co-ordination</i>	Cricket / Hockey <i>Throwing, catching</i> <i>Attacking / defending</i>	Athletics (Sports day) <i>Running, jumping, target, throwing, co-ordination</i>
Year 3	Football <i>Running, jumping, passing, throwing, target, team games</i>	Badminton <i>Bat and ball, Target</i> <i>Co-ordination</i>	Netball <i>Throwing, catching</i> <i>Attacking / defending</i> <i>Team games</i>	Gymnastics <i>Movement, pattern, co-ordination</i>	Hockey <i>Throwing, catching</i> <i>Attacking / defending</i>	Athletics (Sports day) <i>Running, jumping, target, throwing, co-ordination</i>
Year 4	Football <i>Running, jumping, passing, throwing, target, team games</i>	Tennis <i>Bat and ball, Target</i> <i>Co-ordination</i>	Rugby <i>Throwing, catching</i> <i>Attacking / defending</i> <i>Team games</i>	Dance <i>Movement, pattern, co-ordination</i>	Cricket <i>Throwing, catching</i> <i>Attacking / defending</i>	Athletics (Sports day) <i>Running, jumping, target, throwing, co-ordination</i>
Year 5	Football <i>Running, jumping, passing, throwing, target, team games</i>	Badminton <i>Bat and ball, Target</i> <i>Co-ordination</i>	Netball <i>Throwing, catching</i> <i>Attacking / defending</i> <i>Team games</i>	Gymnastics <i>Movement, pattern, co-ordination</i>	Hockey <i>Throwing, catching</i> <i>Attacking / defending</i>	Athletics (Sports day) <i>Running, jumping, target, throwing, co-ordination</i>
Year 6	Football <i>Running, jumping, passing, throwing, target, team games</i>	Tennis <i>Bat and ball, Target</i> <i>Co-ordination</i>	Rugby <i>Throwing, catching</i> <i>Attacking / defending</i> <i>Team games</i>	Dance <i>Movement, pattern, co-ordination</i>	Cricket <i>Throwing, catching</i> <i>Attacking / defending</i>	Athletics (Sports day) <i>Running, jumping, target, throwing, co-ordination</i>