

# PE Yearly Overview

Dance, Gymnastics and Games Units taken from the Val Sabin Scheme of Work

	Autumn	Spring	Summer
Year 1	<p><u>Gymnastics</u>: Flight, bouncing, jumping, landing <u>Games</u>: Using a large ball</p> <p><u>Gymnastics</u>: Points and patches <u>Dance</u>: Streamers, conkers</p>	<p><u>Gymnastics</u>: Rocking and rolling <u>Dance</u>: March, March, March (country dancing)</p> <p><u>Gymnastics</u>: Wide, narrow, curled <u>Dance</u>: Jack and the beanstalk</p>	<p><u>Games</u>: Throwing and catching, aiming games <u>Dance</u>: Dinosaur stomp!</p> <p><u>Games</u>: Bat and ball skills, skipping <u>Games</u>: Developing partner work</p> <p>Fit for Life topic: sports week Multi skills sports day</p>
Year 2	<p><u>Gymnastics</u>: Parts high and low <u>Dance</u>: Reach for the stars</p> <p><u>Games</u>: Throwing, catching inventing individual games <u>Dance</u>: Shadows/Storms</p>	<p><u>Gymnastics</u>: Pathways (bridges) <u>Dance</u>: Three Billy Goats Gruff</p> <p><u>Gymnastics</u>: spinning, turning, twisting <u>Games</u>: making up games with a partner, aiming, hitting and kicking</p>	<p><u>Games</u>: dribbling, kicking, hitting <u>Gymnastics</u>: Linking movements together</p> <p><u>Games</u>: Group games and inventing rules <u>Dance</u>: The Lion King</p> <p>Fit for Life topic: sports week Multi skills sports day</p>