

CHADSMEAD PRIMARY ACADEMY – PHYSICAL EDUCATION OVERVIEW

Taught by Teacher

Taught by Progressive Sports

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years Cycle 1	Improving Agility		Improving Balance (The Jungle/Pirates)		Improving Throwing and Catching (The Circus)	
Early Years Cycle 2	Improving Agility (Autumn/Winter and Christmas)		Improving Balance (Transport/Minibeasts)		Improving Throwing and Catching (Growing/People Who Help Us)	
Year 1/2 Cycle 1	Multi-Skills (Improving Skills)		Gymnastics (sequences)	Health related exercise (how the body changes during exercise)	Athletics (speed, jumping)	Orienteering (using a compass)
	Gymnastics (balances)	Dance (Superheroes)	Attacking and Defending (basketball/netball)	Striking and Fielding (tennis, rounders)	Gymnastics (travelling/apparatus)	Dance (Dinosaurs)
Year 1/2 Cycle 2	Multi-Skills (Improving Skills)		Gymnastics (sequences)	Health related exercise (exercising at different intensities)	Athletics (speed, throwing)	Orienteering (tracking a map)
	Gymnastics (travelling)	Dance (Pirates)	Attacking and Defending (football/tag rugby)	Striking and Fielding (badminton, cricket)	Gymnastics (balances/apparatus)	Dance (Kings and Queens)

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3/4 Cycle 1	Striking and Fielding (Y3) (tennis)	Multi-Skills (Y3)	Attacking and Defending (netball, tag rugby)	Health related exercise (how the body changes during exercise)	Multi-Skills (Y4)	Orienteering (using a compass)
	Gymnastics (balances)	Dance (Rocks)	Gymnastics (sequences)	Dance (Predators)	Athletics (speed, jumping)	Striking and Fielding (Y4) (tennis)
Year 3/4 Cycle 2	Striking and Fielding (Y3) (tennis)	Multi-Skills (Y3)	Attacking and Defending (football/basketball)	Health related exercise (exercising at different intensities)	Multi-Skills (Y4)	Orienteering (tracking a map)
	Gymnastics (travelling)	Dance (Traiders and Raiders)	Gymnastics (sequences)	Dance (Scientists)	Athletics (speed, throwing)	Striking and Fielding (Y4) (tennis)
Year 5/6 Cycle 1	Multi-Skills (Agility)	Types of training (circuit/interval)	Attacking and Defending (netball, tag rugby)	Health related exercise (how the body changes during exercise)	Athletics (speed, jumping)	Orienteering (using a compass)
	Gymnastics (balances)	Striking and Fielding (tennis)	Gymnastics (sequences)	Dance (Animals)	Gymnastics (travelling/apparatus)	Dance (Mexico)
Year 5/6	Multi-Skills (Coordination)	Types of training	Attacking and Defending	Health related exercise (exercising)	Athletics (speed, throwing)	Orienteering (tracking a map)

Cycle 2		(Continuous/Fartlek)	(football/basketball)	at different intensities)		
	Gymnastics (travelling)	Striking and Fielding (badminton/cricket)	Gymnastics (travelling)	Dance (Space)	Gymnastics (balances/apparatus)	Dance (Victorians)

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