

OAKMEADOW C OF E PRIMARY SCHOOL YEARLY PHYSICAL EDUCATION OVERVIEW 2021/22

Outdoor	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
indoor						
Nursery Fundamental Skills						
					Seaside Adventure (assessment)	Seaside Adventure (assessment)
Reception Fundamental Skills	Movement Development	Movement Development	Fun and Games	Ball Skills	Throwing and Catching	Parachute games
	Me and Myself	Working with Others	Core, Flexibility and Wellbeing: Cosmic Kids! Yoga	Dance	Jungle Journey (assessment)	Jungle Journey (assessment)
Y1 Fundamental Skills	Games: Fundamentals Unit 1	www.activitychallenge.co.uk Personal challenge	Games: Fundamentals Unit 2	Ball skills Basketball		
	Gymnastics Jumping Jacks	Dance Moving Words	Shake up games (C4L) https://www.nhs.uk/10-minute-shake-up/shake-ups	Gymnastics Rock and Roll	Core, Flexibility and Wellbeing: Cosmic Kids! Yoga	Dance Weather
Y2 Fundamental Skills	Games: Fundamentals Unit 1		Games: Fundamentals Unit 2	www.activitychallenge.co.uk Personal challenge		
	Core, Flexibility and Wellbeing: Cosmic Kids! Yoga	Gymnastics Points of Contact	Dance Great fire of London	Shake up games (C4L) https://www.nhs.uk/10-minute-shake-up/shake-ups	Gymnastics Ball, tall and wall	Dance Magical friendships
Y3	Athletics: Challenges	Games: Ball handling skills	SWIMMING	SWIMMING	OAA: leadership (with Y6)	Striking and fielding games
	Gymnastics Patterns and Pathways	Dance Solar System	Net and Wall: dodgeball		www.activitychallenge.co.uk Personal challenge Health, fitness and wellbeing	Core, Flexibility and Wellbeing: Cosmic Kids! Yoga
Y4	Net and Wall: Tennis (Shrewsbury Club)	Invasion Games: ball on the ground	Net games	Invasion games: netball	Athletics: Pentathlon	Striking and fielding: rounders
	SWIMMING	SWIMMING	Gymnastics Principles of Balance	Dance Cold Places	Net and Wall: dodgeball	www.activitychallenge.co.uk Personal challenge Health, fitness and wellbeing
Y5	Invasion games: football	OAA	Athletics: Heptathlon	Striking and fielding: cricket	Invasion games: netball	Striking and fielding: rounders
	www.activitychallenge.co.uk Personal challenge Health, fitness and wellbeing	Dance On the Beach	Net and Wall: dodgeball	Gymnastics Pair composition		Core, Flexibility and Wellbeing: Cosmic Kids! Yoga
Y6	Athletics: Decathlon	Invasion Games: Tag Rugby	Invasion games: hockey	Net and Wall: Tennis	OAA: leadership (with Y3)	Striking and fielding: cricket
	Gymnastics Body Symmetry	OAA: orienteering/XC	Dance Why bully me? (2)	www.activitychallenge.co.uk Personal challenge Health, fitness and wellbeing	Net and Wall: dodgeball	SWIMMING: WATER SAFETY Problem-solving: escape rooms