

PE Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Listening Games, Circle games Stop and go	Movements – responding to music/ stories	FMS L- ways of moving S – hurdles, small platform, apparatus OC- rolling Yoga 6 weeks	FMS L- Dance S – Scooter boards OC- throwing and catching	FMS L- negotiating space S –apparatus, climbing OC- bat and ball	FMS L- parachute games S –apparatus, climbing OC- kicking/ bouncing
Reception	Hawkes Health – Invasion Games Throwing/ catching/ kicking Different ways to move/ movement to music		Hawkes Health – SAQ FMS L – Dance S – large apparatus/ scooter boards/ Climbing wall OC – rolling, bouncing, kicking Yoga – 6 weeks		Hawkes Health – Striking and fielding FMS L- negotiating space S large apparatus/ scooter boards/ Climbing wall OC – throwing, catching, hitting	
Year 1	Hawkes Health Invasion Games Gymnastics	Hawkes Health Invasion Games Movement Yoga – 6 weeks	Hawkes Health – SAQ Dance	Hawkes Health – SAQ Gymnastics	Hawkes Health – striking and fielding Athletic skills (including preparing for sports day)	Hawkes Health – striking and fielding Dance

Year 2	Hawkes Health Invasion Games Gymnastics	Hawkes Health Invasion Games Movement Yoga 6 weeks	Hawkes Health – SAQ 10 week Swimming programme	Hawkes Health – SAQ 10 week Swimming programme	Hawkes health – striking and fielding (including preparing for sports day)	Hawkes health – striking and fielding Dance
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Reception classes to alternate between Hawkes health and teacher led sessions every half term.

Abbreviations

SAQ – Speed, Agility, Quickness

FMS – Fundamental Movement Skills

L – Locomotor Movements (Different ways of moving)

S – Stability and balance

OC – Object Control