



# Seamer and Irton CP School

## Physical Education Long-term Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1</b>	Games unit 1 <i>Balanceability</i>	Gymnastics Unit 1	Dance Unit 1	Games Unit 1	Athletics Unit 1	Games Unit 1 <i>Balanceability</i>
<b>Year 2</b>	Games Unit 2 <i>Skateboard skills</i>	Gymnastics Unit 2	Dance Unit 2	Games Unit 2	Athletics Unit 1	Games Unit 2
<b>Year 3</b>	Net/Wall Unit 1 <i>Skateboard skills</i>	Gymnastics Unit 3	Dance Unit 3	Invasion Games Unit 1	Athletics Unit 2 Water safety RNLI	Striking/Fielding Unit 1
<b>Year 4</b>	Net/Wall Unit 1 Swimming	Gymnastics Unit 4 Swimming	Dance Unit 4 Swimming	Invasion Games Unit 2 Swimming	Athletics Unit 2 <i>Cycling development</i>	Striking/Fielding Unit 1 Hit the surf

Year 5	Net/Wall Unit 2	Gymnastics Unit 5	Dance Unit 5	Invasion Games Unit 3	Athletics Unit 3 Outdoor and Adventurous Activities Unit 3 Cycling development	Striking/ Fielding Unit 2
Year 6	Net/Wall Unit 2 Outdoor and Adventurous Activities Unit 3 Bikeability	Gymnastics Unit 6	Dance Unit 6	Invasion Games Unit 4	Athletics Unit 3 Paddle boarding/rafting	Striking/ Fielding Unit 2 Cycling development