PE Long Term Overview 2024-2025

Year	Autumn term		Spring term		Summer term	
Nursery/ Reception	Fundamental Movement Skills Locomotion/Stability **yoga (rec)**		Locomotion/Stability gymnastics / dance (reception)		Fundamental Movement Skills Locomotion/Stability/ object control	
	honesty **courage** **determination**	**resilience** **responsibility** **self belief**	**empathy** **fairness** **passion**	**respect** **encouragement** **honesty**	**imagination** **Concentration** **teamwork**	**problem-solving** **decision making** **respect**
1	Fundamental movement (running and jumping)	team games (inc football)	Fundamental movement skills (throwing and catching)	Gymnastics	Dance	Fundamental skills (bat and ball skills)
	honesty **courage** **determination**	**resilience** **responsibility** **self belief**	**empathy** **fairness** **passion**	**respect** **encouragement** **honesty**	**imagination** **Concentration** **teamwork**	**problem-solving** **decision making** **respect**
2	Fundamental Movement Skills (Throwing and Catching)	gymnastics	Dance (Gun Powder Plot)	Fundamental Skills (bat and ball)	Invasion Games (inc football)	Invasion Games (attacking and defending)
	honesty **courage** **determination**	**resilience** **responsibility** **self belief**	**empathy** **fairness** **passion**	**respect** **encouragement** **honesty**	**imagination** **Concentration** **teamwork**	**problem-solving** **decision making** **respect**
3	Invasion Games gymnastics	Football	Net & Wall **yoga**	Dance Striking and Fielding	Outdoor adventurous Striking and fielding	Athletics
	honesty **courage** **determination**	**resilience** **responsibility** **self-belief**	**empathy** **fairness** **passion**	**respect** **encouragement** **honesty**	**Imagination** **Concentration** **teamwork**	**problem-solving** **decision making** **respect**
4	Invasion Games (inc football) Dance	Invasion Games (Tag rugby)	Invasion Games hockey Gymnastics	Net and Wall (tennis) **yoga**	OAA Athletics	Striking & fielding (cricket) OAA
	honesty **courage** **determination**	**resilience** **responsibility** **self-belief**	**empathy** **fairness** **passion**	**respect** **encouragement** **honesty**	**imagination** **Concentration** **teamwork**	**problem-solving** **decision making** **respect**
5	Invasion Games (inc football)	Invasion Games (basketball)	Dance Swimming	Gymnastics Swimming	Athletics **yoga** Striking & Fielding	OAA Athletics

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					(rounders)	
	honesty **courage** **determination**	**resilience** **responsibility** **self-belief**	**empathy** **fairness** **passion**	**respect** **encouragement** **honesty**	**Imagination** **Concentration** **teamwork**	**problem-solving** **decision making** **respect**
6	Gymnastics Invasion Games (inc football)	Invasion Games (netball)	Net and Wall (volleyball) Dance	Striking and fielding OAA	Striking and fielding OAA	Athletics **yoga**
	honesty **courage** **determination**	**resilience** **responsibility** **self-belief**	**empathy** **fairness** **passion**	**respect** **encouragement** **honesty**	**imagination** **Concentration** **teamwork**	**problem-solving** **decision making** **respect**