



# ST ALBAN'S CATHOLIC PRIMARY SCHOOL

DIOCESE OF EAST ANGLIA

*Christ Be Our Light*



## Long Term Overview 2022-23

Subject PE	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
<b>Rec</b>	Large Apparatus Yoga Fine and gross motor skills	Large Apparatus Yoga Fine and gross motor skills	Large Apparatus Yoga Fine and gross motor skills	Large Apparatus Yoga Fine and gross motor skills	Large Apparatus Yoga Fine and gross motor skills Tennis Dance	Large Apparatus Yoga Fine and gross motor skills Tennis Dance
<b>Year 1</b>	Catching and Throwing Gymnastics	Football Gymnastics	Control and teamwork Gymnastics	Catching and Throwing Gymnastics	Tennis  Swimming	Tennis  Swimming
<b>Year 2</b>	Dance Swimming	Swimming	Gymnastics Ball skills	Dance Ball skills	Gymnastics Tennis	Athletics Multi Skills Sports
<b>Year 3</b>	Dance (indoor) Athletics (outdoor)	Gymnastics (indoor) Hockey (outdoor)	Swimming (external) Movement and Coordination (outdoor)	Swimming (external) Games - Invasion (outdoor)	Circuits (indoor) Games - Cricket (outdoor)	OAA – team work and cooperation (outdoor) Games – Tennis (outdoor)
<b>Year 4</b>	Invasion Games – Handball (outdoor) Dance (indoor)	Invasion Games – Handball (outdoor) Gymnastics Handball (indoor)	Swimming (external) Movement and Coordination (outdoor)	Swimming (external) Movement and Coordination (outdoor)	Invasion Games – Football (outdoor) Circuits (indoor)	Tennis (outdoor) OAA (outdoor)
<b>Year 5</b>	Swimming Outdoor invasion Games	Swimming Basketball	Dance Tag Rugby	Dance Tag rugby	Active science/PE Cricket	Team Games Orienteering
<b>Year 6</b>	Netball Circuits	Netball Circuits	Hockey Dance	Hockey Gymnastics	Swimming Tennis	Swimming Athletics and Tennis