



PE at Bramingham – Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Gymnastics – gym in the jungle PE and Me	Dance – Dinosaurs Move it / Agility	Best of balls Roll it, kick it, catch it	Fun and games Gymnastics – jumping jacks	Dance till you drop	Olympics Paralympics
Year 1	Catching and throwing Gymnastics – Animals movements	Dance – Starry Skies Invasion Games	Adaptive sport – sitting volley ball Attacking and defending	Bat and Ball Gymnastics- Traditional Tales	Athletics – running and jumping Circuit exercises	Tennis
Year 2	Gymnastics – cities and landscapes Throwing and catching	Dance – plants Invasion games	Net and wall Target games	Football Gymnastics – under the sea	Athletics Circuit exercises	Adaptive sport – para-athletics Tennis
Year 3	Gymnastics shapes Invasion games fundamentals (netball focus)	Dance – extreme earth Rugby	Adaptive sport – goal ball Invasion games - basketball	Gymnastics – movement Hockey	Athletics Circuit exercises	OAA Tennis
Year 4	Gymnastics – shapes, balance, rotation OAA	Adaptive Sports – Boccia Dance	Handball OAA	Adaptive Sports – Boccia Gymnastics – Movement	Athletics Circuit exercises	Rounders
Year 5	Gymnastics – shapes, balance, rotation Invasion games - Basketball	Adaptive Sports – Blind football Dance	Tag Rugby Yoga	Gymnastics – Movement Netball	Athletics Circuit exercises	OAA Tennis
Year 6	Gymnastics Hockey	Adaptive sports – Tournament Dance – through the decades	Football Pilates	Gymnastics – travelling and jumping Leadership in PE	Athletics Circuit and PEP	OAA Rounders

Every individual, every achievement and every moment matters.