

## Physical Education programme of study Area Overview

	Term 1 7 Weeks	Term 2 7 Weeks	Term 3 6 Weeks	Term 4 5 Weeks	Term 5 6 Weeks	Term 6 7 Weeks
Foundation Stage	<u>Outdoors</u> Playground Games/ Dance	<u>Indoors</u> Dance	<u>Indoors</u> Gymnastics	<u>Indoors</u> Gymnastics	<u>Outdoors</u> Games	<u>Outdoors</u> Games/ Alternative Sports
Year 1	<u>Outdoors</u> Games/ Dance	<u>Indoors</u> Dance	<u>Indoors</u> Gymnastics	<u>Indoors</u> Fitness/ Alternative Sports	<u>Out and In</u> Alternative Sports	<u>Outdoors</u> Games
Year 2	<u>Outdoors</u> Games/ Dance	<u>Indoors</u> Dance	<u>Indoors</u> Gymnastics	<u>Indoors</u> Fitness/ Alternative Sports	<u>Outdoors</u> Alternative Sports	<u>Outdoors</u> Games/ Athletics

## Physical Education Programme of Study

	<u>Term 1</u> 7 Weeks	<u>Term 2</u> 7 Weeks	<u>Term 3</u> 6 Weeks	<u>Term 4</u> 5 Weeks	<u>Term 5</u> 6 Weeks	<u>Term 6</u> 7 Weeks
Foundation Stage	<u>Outdoors</u> <u>Playground Games</u> 2 weeks	<u>Indoors</u> <u>Dance</u> Unit 1 1 week Unit 2 2 weeks Unit 3 2 weeks Unit 4 2 weeks	<u>Indoors</u> <u>Gymnastics</u> Unit 1 1 week Unit 2 & 3 3 Weeks Unit 4 2 Weeks	<u>Indoors</u> <u>Being Healthy</u> Change 4 life games	<u>Outdoors</u> <u>Games</u> Unit 1 2 weeks Unit 2 2 weeks Unit 3 2 weeks	<u>Outdoors</u> <u>Games</u> Unit 4 3 weeks
	<u>Indoors</u> <u>Dance</u> Unit 1 3 Weeks					
Year 1	<u>Outdoors</u> <u>Games</u> Unit 1 3 weeks	<u>Indoors</u> <u>Dance</u> Unit 2-4 Including Christmas rehearsals	<u>Indoors</u> <u>Gymnastics</u> Unit 1 1 week Unit 2 & 3 3 Weeks Unit 4 2 Weeks	<u>Indoors</u> <u>Fitness</u> Zumba Aerobics Circuits Being healthy change 4 life games	<u>Out and In</u> <u>Alternative Sports</u>	<u>Outdoors</u> <u>Games</u> Unit 2 3 Weeks Unit 3 2 Weeks Unit 4 1 Week
	<u>Indoors</u> <u>Dance</u> Unit 1&2 4 weeks					

Year 2	<u>Outdoors</u> <u>Games</u> Unit 1 2 weeks Unit 2 1 Week	<u>Indoors</u> <u>Dance</u> Unit 2-4 Including Christmas rehearsals	<u>Indoors</u> <u>Gymnastics</u> Unit 1 1 week Unit 2 & 3 3 Weeks Unit 4 2 Weeks	<u>Indoors</u> <u>Fitness</u> Zumba Aerobics Circuits Being healthy change 4 life games	<u>Out and In</u> <u>Alternative</u> <u>Sports</u>	<u>Outdoors</u> <u>Games</u> Unit 3 2 weeks Unit 4 2 weeks
	<u>Indoors</u> <u>Dance</u> Unit 1&2 4 weeks					<u>Athletics</u> 3 weeks