



Aintree Davenhill P.E. Yearly Overview

P.E. is taught twice weekly. Classes will cover 2 units per half term. One lesson will be indoor based, whilst the other will be outdoors.

	Reception		Year 1		Year 2		Year 3		Year 4		Year 5		Year 6	
Autumn 1	Body Management 1	Continuous Provision	Games – Hit, Catch and Run 1	Dance 1	Games – Send and Return 1	Dance	Football	Gymnastics	Hockey	Swimming/OAA	Hockey	Badminton	Football	Badminton
Autumn 2	Manipulation and Co-ordination 1	Continuous Provision	Games – Run, Jump, Throw 1	Gymnastics 1	Games – Attack, Defend and Shoot 1	Gymnastics 1	Hockey	Dance	Football	Swimming/OAA	Football	Fitness (Unit 1)	Hockey	Handball
Spring 1	Co-operate and solve problems	Fitness (foundations)	Games – Attack Defend Shoot 1	Fitness (Unit 1)	Games – Run Jump Throw 1	Fitness (Unit 2)	Netball	Swimming/Badminton	Netball	Dance	Netball	Gymnastics	Netball	Gymnastics
Spring 2	Speed Agility Travel	Gymnastics 1	Games – Send and Return 1	Dance 2	Games – Hit Catch Run 1	OAA	Handball	Swimming/Badminton	Handball	Fitness (Foundations)	Tennis	Dance	Tennis	Fitness (Unit 2)
Summer 1	Body Management 2	Dance	Games – Hit Catch Run 2	Gymnastics	Games – Attack Defend Shoot 2	Dance 2	Cricket	Swimming/Gymnastics	Rounders	Gymnastics	Cricket	Gymnastics	Rounders	OAA
Summer 2	Manipulation and Co-ordination 2	Gymnastics 2	Games – Attack Shoot Defend 2	OAA Sports Day Preparation	Games – Hit Catch Run 2	Gymnastics 2	Athletics	Swimming/Gymnastics	Athletics	Gymnastics	Athletics	Handball	Athletics	Dance