**ST ALBAN'S CATHOLIC PRIMARY SCHOOL**

DIOCESE OF EAST ANGLIA

*Christ Be Our Light*

# Whole School Long Term Overview

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