

2024-2025 PE Unit Overview

Term	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1 Class Teacher	Dance	Dance	Fundamentals (Basic Motor Skills Development)	Fundamentals	Orienteering	Football	Orienteering	Football
Superstar Sports	Balance Unit (Stationary and moving balance)	Balance Unit (Stationary and moving balance)	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
Autumn 2 Class Teacher	Gymnastics	Gymnastics	Fundamentals (Combined Motor Skills Development)	Ball Games	Hockey	Netball	Hockey	Netball
Superstar Sports	Spatial Awareness Unit (Moving safely)	Spatial Awareness Unit (Moving safely)	Ball Skills	Ball Skills (Ball Control and Co- ordination)	Dance	Dance	Dance	Dance
Spring 1 Class Teacher	Games (Travelling/ Agility)	Games (Travelling/ Agility)	Ball Skills (sending and receiving)	Net and Wall Games	Basketball	Volleyball	Tennis	Tennis
Superstar Sports	Balance Unit (Exploring movement)	Balance Unit (Exploring movement)	Dance	Ball Skills (Catching and Throwing)	Invasion Games	Invasion Games	Invasion Games	Volleyball
Spring 2 Class Teacher	Games (Ball Skills)	Games (Ball Skills)	Ball Skills (striking and fielding)	Invasion Games	Tag Rugby	Tag Rugby	Swimming	Fitness
Superstar Sports	Spatial Awareness Unit (Moving in different directions safely)	Spatial Awareness Unit (Moving in different directions safely)	Invasion Games	Fitness	Throwing and Catching Skills	Badminton	Outdoor Adventurous Activities	Badminton
Summer 1 Class Teacher	Athletics	Athletics	Target Games	Invasion Games	Athletics (Track)	Rounders	Athletics (Track and Field)	Athletics (Track)
Superstar Sports	Balance Unit (Consolidation)	Balance Unit (Consolidation)	Yoga	Dance	Athletics (Field)	Athletics (Field)	Handball	Handball
Summer 2 Class teacher	Outdoor Adventurous Activities	Outdoor Adventurous Activities	Athletics	Athletics	Cricket	Outdoor Adventurous Activities	Cricket	Athletics (Field)
Superstar Sports	Spatial Awareness Unit (Consolidation)	Spatial Awareness Unit (Consolidation)	Fundamentals (Consolidation)	Ball Skills (Consolidation)	Fundamentals	Athletics (Track)	Volleyball	Hockey