

# P.E. Overview

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
		iexercise	imove	ipractise	icommunicate	ithink	icreate
Age 4-5	1st Hour PE Fundamentals	Animal Explorers	Off to the Zoo	Pirate Adventure	Fun at the Circus	Dino Movers	Space Cadets
	Learning Outcomes	Seated balance, standing balance and dynamic balance.	Footwork patterns and spatial awareness.	Footwork and agility.	Balance, agility and object manipulation.	Object manipulation and control while travelling.	Object manipulation and control.
	2nd Hour Creative	Provision Based	Provision Based	Provision Based	Provision Based	Provision Based	Provision Based
		iexercise	imove	ipractise	icommunicate	icreate	ithink
Age 5-6	1st Hour PE Fundamentals	Jungle	Pirates	Machines	Playtime	Funfair	Wild West
	Learning Outcomes	Seated balance, standing balance and dynamic balance.	Footwork patterns and spatial awareness.	Running, jumping and landing and skipping.	Balance and counter balance, agility and footwork and object manipulation.	Balance, footwork patterns and object manipulation.	Coordination, object manipulation and control.
	2nd Hour Creative	Gymnastics	Yoga	Dance (Healthy Me)	Pilates	Cheerdance	Outdoor Activities
		iexercise	imove	ipractise	icommunicate	icreate	ithink
Age 6-7	1st Hour PE Fundamentals	Workout World	Combat Zone	Sporting Best	Ball Crazy	Skill Showdown	Game Changers
	Learning Outcomes	Seated balance, standing balance and dynamic balance.	Footwork patterns and spatial awareness.	Running, jumping and landing and skipping.	Object manipulation.	Balance, agility, reaction and response.	Footwork patterns, coordination, object manipulation and control.
	2nd Hour Creative	Pilates	Gymnastics	Dance (GFoL)	Sports Jam	Combat	Outdoor Activities

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Age 7-8	1st Hour PE Fundamentals	<b>imove</b>	<b>ipractise</b>	<b>icommunicate</b>	<b>icreate</b>	<b>ithink</b>	<b>lexercise</b>
	Learning Outcomes	Agility & Fitness Reaction & Response Jumping & Landing	Coordination Footwork Strength & Balance Static Balance - One Leg	Coordination Send & Receive Strength & Balance Counter Balance with a Partner	Strength & Balance Floorwork Locomotion Balance on a Line	Coordination Manipulation Ball Skills Strength & Balance Seated Balance	Strength & Balance Posture Agility & Fitness Equipment Tracking Manipulation
	2nd Hour	Gymnastics	Pilates	Football	Cricket	Dance	Outdoor Activities
Age 8-9	1st Hour PE Fundamentals	<b>imove</b>	<b>ipractise</b>	<b>icommunicate</b>	<b>icreate</b>	<b>ithink</b>	<b>lexercise</b>
	Learning Outcomes	Agility & Fitness Reaction & Response Coordination Footwork	Coordination Manipulation Ball Skills Strength & Balance Floorwork	Strength & Balance Counter Balance with a Partner Coordination Send & Receive	Locomotion Balance on a Line Strength & Balance One Leg Balance	Agility & Fitness Equipment Tracking Strength & Balance Seated Balance	Agility & Fitness Jumping & Landing Strength & Balance Posture
	2nd Hour	Pilates	Gymnastics	Basketball	Cricket	Swimming	Swimming
Age 9-10	1st Hour PE Fundamentals	<b>ipractise</b>	<b>icommunicate</b>	<b>icreate</b>	<b>ithink</b>	<b>lexercise</b>	<b>imove</b>
	Learning Outcomes	Coordination Send & Receive Agility & Fitness Equipment Tracking	Locomotion Balance on a Line Strength & Balance Counter Balance with a Partner	Coordination Manipulation Ball Skills Strength & Balance Seated Balance	Coordination Footwork Strength & Balance One Leg Balance	Strength & Balance Floorwork & Posture	Agility & Fitness Reaction & Response Agility & Fitness Jumping & Landing
	2nd Hour	Gymnastics	Athletics	Pilates	Dance	Cricket	Outdoor Activities
Age 10-11	1st Hour PE Fundamentals	<b>ipractise</b>	<b>icommunicate</b>	<b>icreate</b>	<b>ithink</b>	<b>lexercise</b>	<b>imove</b>
	Learning Outcomes	Agility & Fitness Reaction & Response Coordination Send & Receive	Coordination Manipulation Ball Skills Strength & Balance Counter Balance with a Partner	Strength & Balance Seated Balance & Floorwork	Strength & Balance One Leg Balance Coordination Footwork	Agility & Fitness Equipment Tracking Strength & Balance Posture	Agility & Fitness Jumping & Landing Locomotion Balance on a Line
	2nd Hour	Hockey	Gymnastics	Dance	Rounders	Cricket	Outdoor Activities