

Indian Queens – Physical Education Overview 2024/ 2025

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Locomotion Playing through games	Ball Skills Dance	Gymnastics Dance	Gymnastics Ball Skills	Ball Skills Locomotion	Games for understanding. Rackets
Year 1/2	Locomotion- Running Playing Games	Ball Skills- Hands Dance	Gymnastics Ball Skills- Feet	Health and Wellbeing Ball Skills	Locomotion- Jumping Ball Skills- Rackets	Team Building Attack v Defence
Year 1/2 progression	Locomotion- Dodging Playing Games	Ball Skills- Hands Dance	Gymnastics Ball Skills- Feet	Health and Wellbeing Ball Skills	Locomotion- Jumping Ball Skills- Rackets	Team Building Attack v Defence
Year 3/ 4	Swimming/ Health and Wellbeing Outdoor Adventure Games	Swimming/ Gymnastics Game Sense invasion	Swimming/ Health and Wellbeing Invasion Games- Basketball	Swimming/ Gymnastics Striking- Golf	Dance Games Net and Wall	Athletics Games Striking and fielding
Year 3 /4 progression	Swimming/ Health and Wellbeing Outdoor Adventure Games	Swimming/ Gymnastics Game Sense invasion	Swimming/ Health and Wellbeing Invasion Games- Basketball	Swimming/ Gymnastics Striking- Golf	Dance Games Net and Wall	Athletics Games Striking and fielding
Year 5/6	Invasion Games Outdoor Adventure Activities	Invasion Games Health and wellbeing	Gymnastics Invasion Games	Dance Outdoor Adventure Activities	Gymnastics Games Net and Wall	Athletics Games Striking and fielding
Year 5/6 progression	Invasion Games Outdoor Adventure Activities	Invasion Games Health and wellbeing	Invasion games Gymnastics	Dance Outdoor Adventure Activities	Gymnastics Games Net and Wall	Athletics Games Striking and fielding

--	--	--	--	--	--	--