



# Longlands School PE Overview 2024/2025

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Gymnastics  Multi skills	Fundamentals- Large ball skills  Striking and fielding	Dance  Gymnastics	Fundamentals- Small ball skills  Football	Fundamentals- Bat and ball skills  Athletics	Orienteering (OAA)  Multi skills
Year 2	Gymnastics  Multi skills	Fundamentals- Large ball skills <i>Basketball focus</i>  Striking and fielding	Dance  Gymnastics	Fundamentals- Bat and ball skills <i>Badminton focus</i>  Hockey	Orienteering (OAA)  Athletics	Fundamentals- running, jumping, throwing <i>Athletics focus</i>  Multi skills
Year 3	Dance  Multi skills	Invasion games <i>Hockey</i>  Tag rugby	Gymnastics  Handball	Invasion games <i>Basketball</i>  Football	Orienteering (OAA)  Tennis	Athletics  Cricket
Year 4	Dance  Multi skills	Invasion games <i>Handball</i>  Hockey	Gymnastics  Tag rugby	Invasion games <i>Netball</i>  Football	Athletics  Tennis	Orienteering (OAA)  Rounders
Year 5	Dance  Multi skills	Invasion games <i>Hockey</i>  Tag rugby	Swimming  Handball	Swimming  Badminton	Swimming  Tennis	Swimming  Athletics
Year 6	Swimming  Gymnastics	Swimming  Hockey	Dance  Football	Basketball  Tag rugby	Striking and fielding games <i>Badminton</i> Rounders	Orienteering (OAA)  Athletics