KS2 PE Overview

To challenge, inspire and extend children physically so that they the importance of physical well-being, including making healthy lifestyle choices, demonstrating sportsmanship and being supported to see the links between physical and mental health.

Cycle	Autumn	Spring	Summer
A1	Outdoor Adventurous activities Football	Dance Gymnastics	Athletics Cricket
A2	Rugby Fitness	Netball Hockey	Tennis Rounders
B1	Outdoor Adventurous Activities Football	Dance Gymnastics	Athletics Cricket
B2	Rugby Fitness	Basketball Hockey	Tennis Rounders
A/B		Swimming Y5/6 for those unable to swim 25m by the end of Y4.	Swimming Y4

Indoor topics when weather conditions are unsuitable:
• Autumn – Ball skills or Fundamentals • Spring - Yoga or Handball • Summer – Badminton or Volleyball