

## Lower Key Stage 2 Physical Education Overviews

<b>Cycle A</b>	<u>Autumn 1<sup>st</sup> Half</u>	<u>Autumn 2<sup>nd</sup> Half</u>	<u>Spring 1<sup>st</sup> Half</u>	<u>Spring 2<sup>nd</sup> Half</u>	<u>Summer 1<sup>st</sup> Half</u>	<u>Summer 2<sup>nd</sup> Half</u>
<b>Themes</b>	<b>Rainforests</b>		<b>Ancient Egypt</b>		<b>Stone Age to Iron Age</b>	
<b>Indoor</b>	Gym - Stretching, curling and arching	Dance - Rainforests	Dance - Egyptian Dance	Gym - Bending and movement	Dance - Egyptian Dance	Gym - Pathways
<b>Outdoor</b>	Ball skills, throwing, catching and moving	Invasion games - Netball	Handball		Games - Cricket, tennis and athletics	Sports day practice
<b>Swimming</b>			<u>Mrs O'Toole's and Mr Purewal's Classes</u>		<u>Miss Gray's class</u>	

<b>Cycle B</b>	<u>Autumn 1<sup>st</sup> Half</u>	<u>Autumn 2<sup>nd</sup> Half</u>	<u>Spring 1<sup>st</sup> Half</u>	<u>Spring 2<sup>nd</sup> Half</u>	<u>Summer 1<sup>st</sup> Half</u>	<u>Summer 2<sup>nd</sup> Half</u>
<b>Themes</b>	<b>Natural Disasters</b>		<b>Tudors</b>		<b>Greece and the Greeks</b>	
<b>Indoor</b>	Gym - Rolling	Dance - Volcanoes	Gym - travelling with change of front and direction	Dance - Tudor dancing	Dance - Theseus and the Minotaur	Gym - Balancing
<b>Outdoor</b>	Ball skills, throwing catching and moving	Invasion games - Netball	Handball		Striking and fielding games - Rounders, cricket, tennis and athletics	Sports day practice
<b>Swimming</b>			<u>Mrs O'Toole's and Mr Purewal's Classes</u>		<u>Miss Gray's class</u>	