



St Aidan's RC Primary School Physical Education Overview 2022 - 2023

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
EYFS	Locomotion: Walking and Jumping		Ball Skills: Hands 1		Gymnastics: High, Low, Over, Under Saplings: Cricket Skills		Dance: Nursery Rhymes		Ball Skills: Feet		Attack vs Defence: Games For Understanding	
Sycamores	Locomotion : Running (Newcastle foundation)	Gymnastics: Wide, Narrow, Curled	Ball Skills: Hands 1 (Newcastle foundation)	Gymnastics: Body Parts	Cricket Skills	Ball Skills: Feet	Ball Skills: Hands 2	Dance: The Zoo	Locomotion: Jumping	Games For Understandi ng	Teambuildi ng	Health and Wellbeing
Poplar	Locomotion : Dodging (Newcastle foundation)	Gymnastics: Linking	Ball Skills: Hands 1 (Newcastle foundation)	Gymnastics: Pathways	Cricket Skills	Ball Skills: Feet	Ball Skills: Hands 2	Dance: Explorers	Locomotion: Jumping	Games For Understandi ng	Teambuildi ng	Health and Wellbeing
Maple	Invasion: Netball	Gymnastics: Symmetry & Asymmetry	Invasion: Handball	OAA: Communicati on	Cricket Skills	Invasion: Basketball (Newcastle Foundation)	Invasion: Tag Rugby (Newcastle Foundation)	Dance: Weather	Net / Wall: Tennis	OAA: Problem Solving	Striking & Fielding: Rounders	Athletics
Elm	Invasion: Netball	Gymnastics: Bridges	Invasion: Handball	OAA: Communicati on	Cricket skills	Invasion: Basketball (Newcastle Foundation)	Invasion: Tag Rugby (Newcastle Foundation)	Dance: Space	Net / Wall: Tennis	OAA: Problem Solving	Striking & Fielding: Rounders	Athletics
Hawthorn	Invasion: Netball	Gymnastics: Counter Balance and	Invasion: Football	Health Related Exercise	Invasion: Tag Rugby	Dance: The Circus	Invasion: Hockey	OAA: Communicati on	Striking & Fielding:	Net / Wall: Tennis	Swimming	Athletics (Newcastle foundation)



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		Counter Tension							Rounders or cricket	(Newcastle Foundation)		
Chestnut	Invasion: Netball	Health Related Exercise	Invasion: Football	Gymnastics: Matching & Mirroring	Invasion: Basketball	Dance: Carnival	Swimming	OAA: Orienteerin g	Swimming	Net / Wall: Tennis (Newcastle Foundation)	Striking & Fielding: Cricket or rounders	Athletics (Newcastle foundation)