



PE Coverage Overview

Milestone Two									
Week	Term 1 & 2			Term 3 & 4			Term 5 & 6		
	Fundamental element	Indoor	Outdoor	Fundamental element	Indoor	Outdoor	Fundamental element	Indoor	Outdoor
1	Object control	Y3 - Gymnastics Y4 – Swimming or Gymnastics	Target games	Object Control	Y3- Mindfulness Y4- Swimming or Gymnastics	Net and wall- Tennis	Stability	Dance	Striking and fielding - Rounders
2									
3	Locomotion								
4									
5									
6									
7	Y3 – Invasion games (dodgeball) Y4- Swimming or Dance	Invasion games including tag games and netball	Object Control	Y3 – Invasion games (dodgeball) Y4- Swimming or Dance	OAA	Object Control	Handball	Athletics	
8									
9									Stability
10									
11									
12									
Extra-Curricular Activities		Dance	Football		Indoor games	Tennis		Field sports	Forest School
Enrichment Opportunities					Dance workshop	Football league			Sports day



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Milestone Two									
Week	Term 1 & 2			Term 3 & 4			Term 5 & 6		
	Fundamental element	Indoor	Outdoor	Fundamental element	Indoor	Outdoor	Fundamental element	Indoor	Outdoor
1	Object Control	Fitness	Target games	Object Control	Gymnastics	Net and wall games	Stability	Invasion games	Athletics
2									
3	Locomotion								
4									
5									
6									
7	Stability	Gymnastics	Invasion Games Inc Tag Games	Object Control	Dance	OAA	Object Control	Net and wall games (Optional Y6 Top up swimming)	Striking and fielding
8									
9									
10									
11									
12									
Extra-Curricular Activities		Dance	Football		Indoor games	Tennis		Field sports	Forest School
Enrichment Opportunities					Dance workshop	Football league			Sports day