

Ardleigh St. Mary's CEVC Primary School
Physical Education Yearly Overview - 2020-2021

Class	Autumn Term	Spring Term	Summer Term	
1	Physical Development - Multi-Skills Daily Mile Skipping Balance Bikes Forest Schools	Physical Development - Multi-Skills Forest Schools Daily Mile Skipping Balance Bikes	Physical Development - Multi-Skills Squash Dance Forest Schools Daily Mile / Skipping	
2	<ul style="list-style-type: none"> •Daily Mile / Multi-Skills •Skipping •Forest Schools /Outdoor Activities 	<ul style="list-style-type: none"> •Skipping •Daily Mile •Gymnastics •Dance •Forest Schools /Outdoor Activities 	<ul style="list-style-type: none"> •Dance •Squash •Scatterball •Multi-Skills (Athletics) •Forest Schools /Outdoor Activities 	
3	<ul style="list-style-type: none"> •Daily Mile / Multi-Skills •Skipping •Forest Schools /Outdoor Activities 	<ul style="list-style-type: none"> •Squash •Hockey •Daily Mile / Skipping •Forest Schools / Outdoor Activities / Orienteering 	<ul style="list-style-type: none"> •Rounders Skills •Multi-Skills (Athletics) •Forest Schools / Outdoor Activities 	<ul style="list-style-type: none"> •Dance •Forest Schools / Outdoor Activities
4	<ul style="list-style-type: none"> •Daily Mile / Multi-Skills •Skipping •Squash •Forest Schools /Outdoor Activities 	<ul style="list-style-type: none"> •Dance •Daily Mile / Skipping •Hockey •Forest Schools / Outdoor Activities / Orienteering 	<ul style="list-style-type: none"> •Rounders / Cricket •Daily Mile / Skipping •Multi-Skills (Athletics) •Swimming •Forest Schools /Outdoor Activities 	