

# Mill Hill Primary Academy

## PE Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>House competitions</b>	Cross country	Archery	Dodgeball	Team games	Rounders / Cricket	Sports day
<b>N</b>	Introduction to PE (Unit 1)	Dance (Unit 1)	Gymnastics (Unit 1)	Fundamentals (Unit 1)	Ball skills (Unit 1)	Games (Unit 1)
<b>R</b>	Introduction to PE (Unit 2)	Dance (Unit 2)	Gymnastics (Unit 2)	Fundamentals (Unit 2)	Ball skills (Unit 2)	Games (Unit 2)
<b>1</b>	Multi-skills (balance and coordination)	Story Time Dance	Groovy gymnastics	Boot camp	Brilliant ball skills (throwing and catching)	Active Athletics
<b>2</b>	Multi-skills (balance and coordination)	Ugly Bug Ball Dance	Groovy gymnastics	Boot camp	Brilliant ball skills (throwing and catching)	Active Athletics
<b>3</b>	Multi-skills (balance and travelling)	African Dance	Groovy gymnastics	Boot camp	Brilliant ball skills (dribbling, control and tactics)	Active Athletics
<b>4</b>	Invaders (Football)	Dynamic dance	Gym sequences	Boot camp	Striking and fielding (kwik cricket / rounders intro)	Young Olympians
<b>5</b>	Invaders (Netball)	Dynamic dance	Gym sequences	Boot camp	Striking and fielding (kwik cricket)	Young Olympians
<b>6</b>	Invaders (Netball)	Dynamic dance	Gym sequences	Boot camp	Striking and fielding (rounders)	Young Olympians
Skills / sports – Game based learning			Fitness and body control			