

## P.E. Overview at Islamia (September 2024)

TERM	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>YEAR 1</b>	Fundamentals (Gross motor skills)	Multiskills (Sending and receiving)	Gymnastics (Key steps 1)	Multiskills Throwing and Catching	Multiskills	Basic Athletics – linked to Sports Day
<b>YEAR 2</b>	Fundamentals (Agility)	Multiskills (Ball skills)	Gymnastics (Key Steps 1)	Multiskills Throwing and Catching	Football	Basic Athletics – linked to Sports Day
<b>YEAR 3</b>	ABCs/Tag Rugby/ Swimming	Ball Skills/Football/ Swimming	Tennis Mini Red/ Swimming	Sportshall Athletics/Highland games)/ Swimming	Kwik Cricket/Swimming	Netball based activities/Swimming
<b>YEAR 4</b>	ABCs/Tag Rugby	Ball skills/Football	Tennis Mini Red	Sportshall Athletics/Cross country	Kwik Cricket	Striking and fielding games
<b>YEAR 5</b>	Netball Hi5's	Tag Rugby	Basketball	Tennis Mini Orange	Athletics	Team Building/ Problem solving
<b>YEAR 6</b>	Netball Hi5's	Tag Rugby	Basketball	Tennis Mini Orange	Athletics	Outdoor Activities