

SACRED HEART PE OVERVIEW 2023-2024						
	Autumn		Spring		Summer	
Key Stage 1						
Year 1	Attack, Defend, Shoot Unit 1	Exploring manipulative skills	Attack, Defend, Shoot Unit 2	Disco Dance	Athletics fundamentals	Gymnastics
	Net/Wall (Tennis coaches)	Run, Jump, Throw Unit 1	Run, Jump, Throw Unit 2	Invasion (Football Arsenal coaches)	Hit, Catch, Run Unit 1	Hit, Catch, Run Unit 2
PE	Daily Mile 5-a-day fitness					
Year 2	Exploring manipulative skills	Hit, Catch, Run Unit 1	Net/Wall (Tennis coaches)	Hit, Catch, Run Unit 2	African Dance	Attack, Defend, Shoot Unit 2
	Invasion (Football Arsenal coaches)	Gymnastics	Athletics fundamentals	Attack, Defend, Shoot Unit 1	Run, Jump, Throw Unit 1	Run, Jump, Throw Unit 2
Additional Activity	Daily Mile 5-a-day fitness					
Lower Key Stage 2						
Year 3	Striking/Fielding Cricket	Gymnastics	Basketball	Spanish Dance	Swimming (2 week intensive lessons) 29th April – 10th May 1-2pm @ Highbury	Swimming (2 week intensive lessons) 17th-28th June 1-2pm @ Highbury
	Invasion Netball	Net/Wall (Tennis coaches)	Invasion (Football Arsenal coaches)	PE Hub Athletics	Invasion Handball	Striking/Fielding Rounders
Additional activity	Tournaments Daily Mile 5-a-day fitness					
Year 4	Gymnastics	Striking/Fielding Cricket	Swimming (2 week intensive lessons) 29th Jan – 9th Feb 1-2pm @ Highbury	Swimming (2 week intensive lessons) 4th-15th March 1-2pm @ Highbury	Invasion (Football Arsenal coaches)	Net/Wall (Tennis coaches)
	Striking/Fielding Rounders	Invasion Netball	Invasion Handball	Athletics	Invasion Basketball	Bollywood Dance
Additional Activity	Tournaments Daily Mile 5-a-day fitness					
Upper Key Stage 2						
Year 5	Swimming (2 week intensive lessons) 25th Sept – 6th October 1-2pm @ Highbury	Swimming (2 week intensive lessons) 13th-24th November 1-2pm @ Highbury	Gymnastics	Net/Wall (Tennis coaches)	Lyrical Dance	Invasion Basketball
	Invasion Hockey	Invasion Tag Rugby	Invasion Netball	Striking/Fielding Cricket	Athletics	Invasion (Football Arsenal coaches)
Additional Activity	Cycle Training (Bikeability) Tournaments Daily Mile					
Year 6	Gymnastics	Invasion Tag Rugby	Hip-Hop Dance	Striking/Fielding Cricket	Athletics	Invasion Basketball
	Invasion Hockey	Invasion (Football Arsenal coaches)	Striking/Fielding Rounders	Invasion Netball	Net/Wall (Tennis coaches)	OAA
Additional Activity	Tournaments Cardfields Daily Mile					