

SACRED HEART PE OVERVIEW

	Autumn		Spring		Summer	
Key Stage 1						
Year 1	Arsenal Invasion Games	Tennis	NSA Gymnastics with Apparatus	NSA Dance	NSA Exploring Manipulative skills	NSA Athletic Fundamentals
	Continuous provision	Continuous provision	Continuous provision	Continuous provision	Continuous provision	Continuous provision
PE	Daily Mile 5-a-day fitness					
Year 2	NSA Gymnastics with Apparatus	NSA Dance	Arsenal Invasion Games	Tennis	PE Hub Attack, Defend, Shoot Unit 1	PE Hub Run, Jump, Throw Unit 1
	PE Hub Hit, Catch, Run Unit 1	PE Hub Hit, Catch, Run Unit 2	NSA Exploring Manipulative skills	NSA Athletic Fundamentals	Daily Mile	Daily Mile
Additional Activity	Daily Mile 5-a-day fitness					
Lower Key Stage 2						
Year 3	NSA Gymnastics with Apparatus	NSA Dance	Tennis	Arsenal Invasion Games	Swimming (2 week intensive lessons) 11th-22nd May 1-2pm (St Martin)	Swimming (2 week intensive lessons) 1st-12th June 1-2pm (St Bernadette)
	PE Hub Invasion Netball	PE Hub Athletics	NSA Basketball	NSA Cricket	PE Hub Striking/Fielding Rounders	
Additional activity	Tournaments Daily Mile 5-a-day fitness					
Year 4	NSA Basketball	NSA Hockey	Swimming (2 week intensive lessons) 19th-30th Jan 1-2pm (St Catherine)	Swimming (2 week intensive lessons) 2nd-13th Feb 1-2pm (St Elizabeth)	NSA Gymnastics with Apparatus	NSA Dance
	PE Hub Striking/Fielding Rounders	PE Hub Athletics	PE Hub Cricket (or Platform Cricket TBC)	PE Hub Netball	Arsenal Invasion Games	Tennis
Additional Activity	Tournaments Daily Mile 5-a-day fitness					
Upper Key Stage 2						
Year 5	Swimming (2 week intensive lessons) 13th-24th Oct 1-2pm (St Benedict)	Swimming (2 week intensive lessons) 3-14th Nov 1-2pm (St Faustina)	NSA Gymnastics with Apparatus	NSA Dance	NSA Tag rugby	NSA Basketball
	PE Hub Invasion Hockey	PE Hub Invasion Netball	PE Hub Athletics	PE Hub Cricket	Tennis	Arsenal Invasion Games
Additional Activity	Cycle Training (Bikeability) Tournaments Daily Mile					
Year 6	Tennis	Arsenal Invasion Games	PE Hub Invasion Hockey	PE Hub Cricket	NSA Gymnastics with Apparatus	NSA Dance
	NSA Tag rugby	NSA Basketball	PE Hub Athletics	PE Hub Striking/Fielding Rounders	Daily Mile	Daily Mile
Additional Activity	Tournaments Cardfields Daily Mile					