

Primary FS2 PE Unit Overviews – Mid Term Planning

Fundamental M.

Week	Lesson 1	Lesson 2
1	Running over obstacles	Jumping
2	Balancing	Throwing
3	Catching	Rolling
4	Crawling	Relays

Gymnastics

Week	Lesson 1	Lesson 2
1	Basic shapes and movement patterns	Basic shapes and movement patterns on apparatus
2	Rolling	Rolling combined with movement patterns
3	Jumping	Rebound jump
4	Build sequences	Assessment sequences

Ball Skills

Week	Lesson 1	Lesson 2
1	Catching	Throwing
2	Passing	Passing
3	Rolling	Dribbling
4	Game play	Game play

Team Games

Week	Lesson 1	Lesson 2
1	Football Skills & Drills	Football Game Play
2	Rugby Skills & Drills	Rugby Game Play

Primary FS2 PE Unit Overviews – Mid Term Planning

3	Hockey Skills & Drills	Hockey Game Play
4	Basketball Skills & Drills	Basketball Game Play

Athletics & Fitness		
Week	Lesson 1	Lesson 2
1	The Heart and Exercise	Breathing and Exercise
2	Healthy Eating Games	Fitness Circuits
3	Running	Jumping
4	Throwing	Mini Olympics

Swimming		
Week	Lesson 1	Lesson 2
1	Pool safety and assessment	Buoyancy
2	Streamline position	Intro to freestyle
3	Freestyle legs with Bubbles	Freestyle arms with Bubbles
4	Races	Assessment

Indoor Games		
Week	Lesson 1	Lesson 2
1	Communication & Teamwork Games	Communication & Teamwork Games
2	Parachute Games	Parachute Games
3	Team Races	Team Races
4	Problem Solving	Problem Solving

Dance		
Week	Lesson 1	Lesson 2

Primary FS2 PE Unit Overviews – Mid Term Planning

1	Traveling in time with the music	Unison
2	Mirroring / matching	Cannon
3	Levels	Formations
4	Group dance final preparations	Group dance assessment