



St Mary Abbots PE Topic Overview 2022-2023



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	Me and myself (getting changed, listening & moving around the space)	Movement and development (ball skills)	Ball skills (throwing and catching)	Dance	Movement and development (working with others)	Athletics
1	Fundamental motor skills (movement, space awareness, catching, kicking & throwing)	Movement & games	Fitness, movements & games	Gymnastics & dance	Striking & fielding	Athletics
2	Fundamental motor skills (movement, space awareness, catching, kicking & throwing)	Movement & games	Fitness, movements & games	Gymnastics & dance	Striking & fielding	Athletics
3	Football & cross country Swimming	Netball/Handball/ Bench ball Swimming	Fitness Swimming	Gymnastics & dance Swimming	Cricket Swimming	Athletics Swimming
4	Football & cross country	Netball/Handball/ Benchball	Fitness	Gymnastics & dance	Cricket	Athletics
5	Football & cross country	Netball/Handball/ Benchball	Fitness	Gymnastics & dance	Cricket	Athletics
6	Football & cross country	Netball/Handball/ Benchball	Fitness	Gymnastics & dance	Cricket	Athletics