



CoachUnlimited

PE Unit Overview

Lesson 1

Year Group	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
EYFS	Multi Skills	Invasion Games	Gymnastics	OAA	Athletics	Striking and Fielding
Y1-2	Multi Skills	Invasion Games	Gymnastics	OAA	Athletics	Striking and Fielding
Y3-4	Net/Wall	Invasion	Gymnastics	OAA	Athletics	Striking and Fielding
Y5-6	Net/Wall	Invasion	Gymnastics	OAA	Athletics	Striking and Fielding

Invasion:	Basketball, football, hockey, netball, tag rugby
Striking and Fielding:	Cricket, rounders
Net/Wall:	Badminton, tennis

'To provide high quality PE and sport provision to enrich the lives of all young people'

Positivity | Enjoyment | Passion | Honesty | Quality



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Lesson 2

Year Group	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
EYFS	Tennis: Racket Skills	Invasion	Dance	Multi Skill - Games		
Y1-2	Tennis: Racket Skills	Invasion	Dance	Multi Skill - Games		
Y3-4	Invasion 2	Dodgeball	Dance	HRE		
Y5-6	Invasion 2	Dodgeball	Dance	HRE		

Invasion:	Basketball, football, hockey, netball, tag rugby
Striking and Fielding:	Cricket, rounders
Net/Wall:	Badminton, tennis

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