|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Autumn 1** |  | [Multi-Skills: Throwing and Catching](https://www.twinkl.co.uk/resources/year-1-twinkl-move/outdoor-year-1-twinkl-move/throwing-and-catching-outdoor-year-1-twinkl-move) | [Multi-Skills: Throwing and Catching](https://www.twinkl.co.uk/resources/year-2-twinkl-move/outdoor-year-2-twinkl-move/throwing-and-catching-outdoor-year-2-twinkl-move) | [OAA](https://www.twinkl.co.uk/resources/year-3-twinkl-move/outdoor-year-3-twinkl-move/outdoor-adventures-outdoor-year-3-twinkl-move) | [OAA](https://www.twinkl.co.uk/resources/year-4-twinkl-move/outdoor-year-4-twinkl-move/oaa-outdoor-year-4-twinkl-move) | [OAA](https://www.twinkl.co.uk/resources/year-5-twinkl-move/outdoor-year-5-twinkl-move/outdoor-adventures-outdoor-year-5-twinkl-move-key-stage-1) | [OAA](https://www.twinkl.co.uk/resources/year-6-twinkl-move/outdoor-year-6-twinkl-move/outdoor-adventures-outdoor-year-6-twinkl-move) |
| [Gymnastics: Gym in the Jungle](https://www.twinkl.co.uk/resources/reception-twinkl-move/gymnastics-reception-twinkl-move/gymnastics-gym-in-the-jungle-indoor-reception-twinkl-move) | [Gymnastics: Animals](https://www.twinkl.co.uk/resources/year-1-twinkl-move/indoor-year-1-twinkl-move/gymnastics-indoor-year-1-twinkl-move-key-stage-1) | [Gymnastics: Landscapes and Cities](https://www.twinkl.co.uk/resources/year-2-twinkl-move/indoor-year-2-twinkl-move/gymnastics-indoor-year-2-twinkl-move-key-stage-1) | [Gymnastics:](https://www.twinkl.co.uk/resources/year-3-twinkl-move/indoor-year-3-twinkl-move/gymnastics-movement-indoor-year-3-twinkl-move-key-stage-1)  [Movement](https://www.twinkl.co.uk/resources/year-3-twinkl-move/indoor-year-3-twinkl-move/gymnastics-movement-indoor-year-3-twinkl-move-key-stage-1) | [Gymnastics:](https://www.twinkl.co.uk/resources/year-4-twinkl-move/indoor-year-4-twinkl-move/gymnastics-indoor-year-4-twinkl-move)  [Movement](https://www.twinkl.co.uk/resources/year-4-twinkl-move/indoor-year-4-twinkl-move/gymnastics-indoor-year-4-twinkl-move) | [Gymnastics:](https://www.twinkl.co.uk/resources/year-5-twinkl-move/indoor-year-5-twinkl-move/gymnastics-indoor-year-5-twinkl-move)  [Movement](https://www.twinkl.co.uk/resources/year-5-twinkl-move/indoor-year-5-twinkl-move/gymnastics-indoor-year-5-twinkl-move) | [Gymnastics:](https://www.twinkl.co.uk/resources/year-6-twinkl-move/indoor-year-6-twinkl-move/gymnastics-movement-indoor-year-6-twinkl-move)  [Movement](https://www.twinkl.co.uk/resources/year-6-twinkl-move/indoor-year-6-twinkl-move/gymnastics-movement-indoor-year-6-twinkl-move) |
| **Autumn 2** |  | [Invasion Games:  At the Fair](https://www.twinkl.co.uk/resources/year-1-twinkl-move/outdoor-year-1-twinkl-move/invasion-games-outdoor-year-1-twinkl-move-key-stage-1) | [Invasion Games](https://www.twinkl.co.uk/resources/year-2-twinkl-move/outdoor-year-2-twinkl-move/invasion-games-outdoor-year-2-twinkl-move-key-stage-1) | [Invasion Games: Fundamentals](https://www.twinkl.co.uk/resources/year-3-twinkl-move/outdoor-year-3-twinkl-move/invasion-games-outdoor-year-3-twinkl-move) | [Invasion Games](https://www.twinkl.co.uk/resources/year-4-twinkl-move/outdoor-year-4-twinkl-move/invasion-games-outdoor-year-4-twinkl-move) | [Invasion Games](https://www.twinkl.co.uk/resources/year-5-twinkl-move/outdoor-year-5-twinkl-move/invasion-games-outdoor-year-5-twinkl-move) | [Invasion Games](https://www.twinkl.co.uk/resources/year-6-twinkl-move/outdoor-year-6-twinkl-move/invasion-games-outdoor-year-6-twinkl-move) |
| [Dance: Dinosaurs](https://www.twinkl.co.uk/resources/reception-twinkl-move/dance-reception-twinkl-move/dance-dinosaurs-indoor-reception-twinkl-move) | [Dance: Starry Skies](https://www.twinkl.co.uk/resources/year-1-twinkl-move/indoor-year-1-twinkl-move/dance-starry-skies-indoor-year-1-twinkl-move) | [Dance: Gunpowder](https://www.twinkl.co.uk/resources/year-2-twinkl-move/indoor-year-2-twinkl-move/dance-the-gun-powder-plot-indoor-year-2-twinkl-move-key-stage-1)  [Plot](https://www.twinkl.co.uk/resources/year-2-twinkl-move/indoor-year-2-twinkl-move/dance-the-gun-powder-plot-indoor-year-2-twinkl-move-key-stage-1) | [Dodgeball](https://www.twinkl.co.uk/resources/year-3-twinkl-move/indoor-year-3-twinkl-move/dodgeball-indoor-year-3-twinkl-move) | [Dance: Water](https://www.twinkl.co.uk/resources/year-4-twinkl-move/indoor-year-4-twinkl-move/dance-water-outdoor-year-4-twinkl-move) | [Dance: World War 2](https://www.twinkl.co.uk/resources/year-5-twinkl-move/indoor-year-5-twinkl-move/dance-world-war-ii-indoor-year-5-twinkl-move) | [Dance: Electricity](https://www.twinkl.co.uk/resources/year-6-twinkl-move/indoor-year-6-twinkl-move/dance-electricity-indoor-year-6-twinkl-move) |

This yearly overview maps out a range of Twinkl Move units to be taught from Reception to Year 6 and can be accessed from our [Twinkl Move](https://www.twinkl.co.uk/resources/twinkl-move) landing page. It includes a variety of indoor and outdoor activities and sports to provide children with a progressive learning experience as part of their PE curriculum throughout early years, KS1 and KS2. Please note – this is only a guide and the units can be taught in any order.

The areas of learning include multi-skills, gymnastics, dance, games (invasion, net and wall, striking and fielding), circuit training, yoga, outdoor adventurous activities (OAA) and athletics.

All Twinkl Move units have been written to meet the aims of the [PE National Curriculum](https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study).

It is up to schools to determine how much time is devoted to PE in the curriculum. The Move Scheme of Work is based on two PE lessons being taught per week in years 1-6, each being approximately one hour. In Reception, the Move scheme of work is based on one PE lesson being taught per week alongside Physical Development activities in continuous and enhanced provision.

Each unit includes 6 lesson packs which consist of a detailed lesson plan, engaging lesson presentation, skills posters, differentiated activities, home learning tasks and assessment materials. The units also include eye-catching display materials. More information about the Twinkl Move scheme of work can be found in this useful [guide](https://www.twinkl.co.uk/resource/t-mov-84-twinkl-move-free-user-guide).

The aims covered in the units are taken from our Progression Grids for each area of learning in the Primary PE curriculum: gymnastics, dance, games, athletics and OAA, which can be found [here](https://www.twinkl.co.uk/resources/cpd-twinkl-move/teaching-and-learning-cpd-twinkl-move/whole-school-progression-documents-teaching-and-learning-cpd-twinkl-move).

outdoor unit

indoor unit

These units are currently being planned and investigated – our lovely team will keep you updated on when these will become available.

Yearly Overview

**Reception**

**Year 1**

**Year 2**

**Year 3**

**Year 4**

**Year 5**

**Year 6**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Spring 1** |  | [Attacking and Defending](https://www.twinkl.co.uk/resources/year-1-twinkl-move/outdoor-year-1-twinkl-move/attacking-and-defending-outdoor-year-1-twinkl-move) | [Attacking and Defending](https://www.twinkl.co.uk/resources/year-2-twinkl-move/outdoor-year-2-twinkl-move/attacking-and-defending-outdoor-year-2-twinkl-move-key-stage-1) | [Invasion Games:](Invasion%20Games:)  [Football](Invasion%20Games:) | Invasion Games:[Tag Rugby](https://www.twinkl.co.uk/resources/year-4-twinkl-move/outdoor-year-4-twinkl-move/tag-rugby-outdoor-year-4-twinkl-move)or[Hockey](https://www.twinkl.co.uk/resources/year-4-twinkl-move/outdoor-year-4-twinkl-move/hockey-outdoor-year-4-twinkl-move) | [Invasion Games: Basketball](https://www.twinkl.co.uk/resources/year-5-twinkl-move/outdoor-year-5-twinkl-move/basketball-outdoor-year-5-twinkl-move) | [Invasion Games: Netball](https://www.twinkl.co.uk/resources/year-6-twinkl-move/outdoor-year-6-twinkl-move/netball-outdoor-year-6-twinkl-move) |
| [Best of Balls](https://www.twinkl.co.uk/resources/reception-twinkl-move/games-reception-twinkl-move/games-best-of-balls-outdoor-reception-twinkl-move) | [Circuit Training](https://www.twinkl.co.uk/resources/year-1-twinkl-move/indoor-year-1-twinkl-move/circuit-training-indoor-year-1-twinkl-move) | [Circuit Training](https://www.twinkl.co.uk/resources/year-2-twinkl-move/indoor-year-2-twinkl-move/circuit-training-indoor-year-2-twinkl-move-key-stage-1) | [Circuit Training](https://www.twinkl.co.uk/resources/year-3-twinkl-move/indoor-year-3-twinkl-move/circuit-training-indoor-year-3-twinkl-move) | [Circuit Training](https://www.twinkl.co.uk/resources/year-4-twinkl-move/indoor-year-4-twinkl-move/circuit-training-indoor-year-4-twinkl-move) | [Circuit Training](https://www.twinkl.co.uk/resources/twinkl-move/year-5-twinkl-move/indoor-year-5-twinkl-move) | [Circuit Training](https://www.twinkl.co.uk/resources/year-6-twinkl-move/indoor-year-6-twinkl-move/circuit-training-indoor-year-6-twinkl-move) |
| **Spring 2** |  | [Multi-Skills:](https://www.twinkl.co.uk/resources/year-1-twinkl-move/outdoor-year-1-twinkl-move/multiskills-bat-and-ball-outdoor-year-1-twinkl-move)  [Bat and Ball](https://www.twinkl.co.uk/resources/year-1-twinkl-move/outdoor-year-1-twinkl-move/multiskills-bat-and-ball-outdoor-year-1-twinkl-move) | [Multi-Skills:](https://www.twinkl.co.uk/resources/year-2-twinkl-move/outdoor-year-2-twinkl-move/multiskills-outdoor-year-2-twinkl-move-key-stage-1)  [Bat and Ball](https://www.twinkl.co.uk/resources/year-2-twinkl-move/outdoor-year-2-twinkl-move/multiskills-outdoor-year-2-twinkl-move-key-stage-1) | [Net and Wall Games: Fundamentals](https://www.twinkl.co.uk/resources/year-3-twinkl-move/outdoor-year-3-twinkl-move/net-and-wall-fundamentals-outdoor-year-3-twinkl-move) | [Net and Wall Games:](https://www.twinkl.co.uk/resources/year-4-twinkl-move/indoor-year-4-twinkl-move/badminton-indoor-year-4-twinkl-move)  [Badminton](https://www.twinkl.co.uk/resources/year-4-twinkl-move/indoor-year-4-twinkl-move/badminton-indoor-year-4-twinkl-move) | [Net and Wall Games: Tennis](https://www.twinkl.co.uk/resources/year-5-twinkl-move/outdoor-year-5-twinkl-move/tennis-outdoor-year-5-twinkl-move) | [Net and Wall](https://www.twinkl.co.uk/resources/year-6-twinkl-move/outdoor-year-6-twinkl-move/volleyball-outdoor-year-6-twinkl-move)  [Games: Volleyball](https://www.twinkl.co.uk/resources/year-6-twinkl-move/outdoor-year-6-twinkl-move/volleyball-outdoor-year-6-twinkl-move) |
| [Dance: Dance Till  You Drop](https://www.twinkl.co.uk/resources/reception-twinkl-move/dance-reception-twinkl-move/dance-till-you-drop-indoor-reception-twinkl-move) | [Dance: The Seasons](https://www.twinkl.co.uk/resources/year-1-twinkl-move/indoor-year-1-twinkl-move/dance-weather-indoor-year-1-twinkl-move-key-stage-1) | [Dance: Plants](https://www.twinkl.co.uk/resources/year-2-twinkl-move/indoor-year-2-twinkl-move/dance-plants-indoor-year-2-twinkl-move) | [Dance: Rainforest Dance](https://www.twinkl.co.uk/resources/year-3-twinkl-move/indoor-year-3-twinkl-move/dance-rainforest-indoor-year-3-twinkl-move) | [Dance: Carnival of  the Animals](https://www.twinkl.co.uk/resources/year-4-twinkl-move/indoor-year-4-twinkl-move/dance-carnival-of-the-animals-indoor-year-4-twinkl-move) | [Gymnastics: Shape & Balance - Space](https://www.twinkl.co.uk/resources/year-5-twinkl-move/indoor-year-5-twinkl-move/gymnastics-space-indoor-year-5-twinkl-move) | [Gymnastics: Rivers  and Mountains](https://www.twinkl.co.uk/resources/year-6-twinkl-move/indoor-year-6-twinkl-move/gymnastics-shape-and-balance-rivers-and-mountains-indoor-year-6-twinkl-move) |
| **Summer 1** |  | [Multi-Skills: Running and Jumping](https://www.twinkl.co.uk/resources/year-1-twinkl-move/outdoor-year-1-twinkl-move/running-and-jumping-outdoor-year-1-twinkl-move-key-stage-1) | [Multi-Skills:  Target Games](https://www.twinkl.co.uk/resources/year-2-twinkl-move/outdoor-year-2-twinkl-move/multi-skills-target-games-outdoor-year-2-twinkl-move) | [Striking and Fielding Games: Fundamentals](https://www.twinkl.co.uk/resources/year-3-twinkl-move/outdoor-year-3-twinkl-move/striking-and-fielding-outdoor-year-3-twinkl-move) | [Striking and Fielding Games: Cricket](https://www.twinkl.co.uk/resources/year-4-twinkl-move/outdoor-year-4-twinkl-move/cricket-outdoor-year-4-twinkl-move) | [Striking and Fielding Games: Rounders](https://www.twinkl.co.uk/resources/year-5-twinkl-move/outdoor-year-5-twinkl-move/striking-and-fielding-rounders-outdoor-year-5-twinkl-move) | [Striking and Fielding Games](https://www.twinkl.co.uk/resources/year-6-twinkl-move/outdoor-year-6-twinkl-move/striking-and-fielding-outdoor-year-6-twinkl-move) |
| [Gymnastics:  Jumping Jacks](https://www.twinkl.co.uk/resources/reception-twinkl-move/gymnastics-reception-twinkl-move/gymnastics-jumping-jacks-and-rock-n-roll-indoor-reception-twinkl-move) | [Gymnastics:  Traditional Tales](https://www.twinkl.co.uk/resources/year-1-twinkl-move/indoor-year-1-twinkl-move/gymnastics-traditional-tales-indoor-year-1-twinkl-move) | [Gymnastics:  Under the Sea](https://www.twinkl.co.uk/resources/year-2-twinkl-move/indoor-year-2-twinkl-move/gymnastics-under-the-sea-indoor-year-2-twinkl-move) | [Gymnastics: Shape](https://www.twinkl.co.uk/resources/year-3-twinkl-move/indoor-year-3-twinkl-move/gymnastics-shape-indoor-year-3-twinkl-move) | [Gymnastics: Shape  & Balance – Ancient Egypt](https://www.twinkl.co.uk/resources/year-4-twinkl-move/indoor-year-4-twinkl-move/gymnastics-shape-and-balance-ancient-egypt-indoor-year-4-twinkl-move) | [Dance: Eco Dance](https://www.twinkl.co.uk/resources/year-5-twinkl-move/indoor-year-5-twinkl-move/dance-eco-dance-indoor-year-5-twinkl-move) | [Dance Through  the Decades](https://www.twinkl.co.uk/resources/year-6-twinkl-move/indoor-year-6-twinkl-move/dance-through-the-decades-indoor-year-6-twinkl-move) |
| **Summer 2** | [Games: The Olympics](https://www.twinkl.co.uk/resources/reception-twinkl-move/games-reception-twinkl-move/games-the-olympics-outdoor-reception-twinkl-move) | [Multi Skills:](https://www.twinkl.co.uk/resources/year-1-twinkl-move/outdoor-year-1-twinkl-move/y1-multiskills-outdoor-year-1-twinkl-move-key-stage-1)  [Sports Day](https://www.twinkl.co.uk/resources/year-1-twinkl-move/outdoor-year-1-twinkl-move/y1-multiskills-outdoor-year-1-twinkl-move-key-stage-1) | [Animal Olympics](https://www.twinkl.co.uk/resources/year-2-twinkl-move/outdoor-year-2-twinkl-move/animal-olympics-outdoor-year-2-twinkl-move) | [Athletics](https://www.twinkl.co.uk/resources/year-3-twinkl-move/outdoor-year-3-twinkl-move/athletics-outdoor-year-3-twinkl-move) | [Athletics](https://www.twinkl.co.uk/resources/year-4-twinkl-move/outdoor-year-4-twinkl-move/athletics-outdoor-year-4-twinkl-move) | [Athletics](https://www.twinkl.co.uk/resources/year-5-twinkl-move/outdoor-year-5-twinkl-move/athletics-outdoor-year-5-twinkl-move) | [Athletics](https://www.twinkl.co.uk/resources/year-6-twinkl-move/outdoor-year-6-twinkl-move/athletics-outdoor-year-6-twinkl-move) |
|  | [Yoga: Salute to](https://www.twinkl.co.uk/resources/year-1-twinkl-move/indoor-year-1-twinkl-move/yoga-salute-to-the-sun-indoor-year-1-twinkl-move)  [the Sun](https://www.twinkl.co.uk/resources/year-1-twinkl-move/indoor-year-1-twinkl-move/yoga-salute-to-the-sun-indoor-year-1-twinkl-move) | [Dance: Toys](https://www.twinkl.co.uk/resources/year-2-twinkl-move/indoor-year-2-twinkl-move/dance-toys-indoor-year-2-twinkl-move) | [Dance: Extreme Earth](https://www.twinkl.co.uk/resources/year-3-twinkl-move/indoor-year-3-twinkl-move/dance-extreme-earth-indoor-year-3-twinkl-move) | [Dance: Romans](https://www.twinkl.co.uk/resources/year-4-twinkl-move/indoor-year-4-twinkl-move/dance-romans-indoor-year-4-twinkl-move) | [Invasion Games: Handball](https://www.twinkl.co.uk/resources/year-5-twinkl-move/indoor-year-5-twinkl-move/handball-indoor-year-5-twinkl-move) | [Leadership in PE](https://www.twinkl.co.uk/resources/year-6-twinkl-move/indoor-year-6-twinkl-move/leadership-in-pe-indoor-year-6-twinkl-move) |

NB. All schools must provide swimming instruction in KS1 or KS2. This has not been included in the overview but is typically taught in year three, four or five and can be substituted for any of the other units as appropriate.

**Reception**

**Year 1**

**Year 2**

**Year 3**

**Year 4**

**Year 5**

**Year 6**