



PE Curriculum Overview

PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
N	Fine motor skill	Gymnastics – traveling, stopping and making shapes	Locomotion	Stability	Athletics	Personal challenges
R	Fundamental movement skills	Gymnastics – Flight-bouncing, jumping and landing	Dance – Nursery Rhymes	Locomotion	Target games	Athletics
Year 1	Fundamental movement skills	Gymnastics – Wide, narrow & curled rolling & balancing	Gymnastics – Balancing & spinning on points	Dance	Target games	Athletics
	Locomotion	Yoga	Invasion games	Net & Wall Game skills	Tri golf	Striking and fielding
Year 2	Fundamental movement skills	Gymnastics – stretching, curling & arching	Fundamental movement skills	Dance	Target games	Invasion games
	Personal challenges	Yoga	Gymnastics – pathways, straight, zipzag & curving	Net & wall game skills	Outdoor Adventurous Activities - OAA	Athletics
Year 3	Hockey	Gymnastics – Linking movements together	Basketball	Dance	Athletics	Invasion Game Skills
	Football	Health related fitness	Tennis	Netball	Cricket	Rounders
Year 4	Hockey	Gymnastics – Rolling & travelling low	Netball	Basketball	Athletics	Tennis
	Football	Tag Rugby	Cricket	Dance	Health related fitness	Rounders
Year 5	Football	Gymnastics – Synchronisation & canon	Netball	Cricket	Athletics	Rounders
	Tag Rugby Swimming	Hockey	Basketball	Dance	Tennis	OAA
Year 6	Football	Gymnastics – Group sequencing	Netball/Cricket	Tennis/ Cricket	Athletics	Rounders
	Tag Rugby Swimming	Hockey	Basketball	Dance	Netball	OAA