



Curriculum Overview

Physical Education

| Year | Autumn Term | | Spring Term | | Summer Term | |
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| EYFS | Concentration/Courage Fundamental Movement Skills explored through games, dance and gymnastics. | | Imagination/fairness/empathy Fundamental Movement Skills explored through games, dance, gymnastics and ball skills. Health and wellbeing including looking after teeth. | | Self-belief/honesty Fundamental Movement Skills explored through athletics OAA and games. | |
| 1 | Concentration Games - ball skills. Fundamental Movement Skills. Team Building. | Courage Dance - link to Gunpowder Plot Gymnastics - balance. | Imagination Gymnastics - travel, roll and shape. Dance - link to Great Explorers and weather. | Fairness/empathy Fundamental Movement skills Games - sending and receiving, playground games. | Self-belief Athletics - running, throwing, and jumping. Games Net and Wall | Honesty OAA Athletics |
| 2 | Concentration Games -ball skills, defending. | Courage Dance - Fire of London. Gymnastics - jump and roll. | Imagination Gymnastics -balance and travel. Dance- Brazil. | Fairness/empathy Fundamental Movement skills Target games and team building. | Self-belief Athletics - running, throwing and jumping. Games Net and Wall | Honesty OAA Athletics |
| 3 | Integrity Athletics – distance running Invasion games. | Reflection Dance - Egyptians Fundamental Movement skills. | Trust Gymnastics -jump, roll, balance, sequencing, travel | Resourcefulness Dance – Rainforest Games – striking and fielding | Respect Athletics -running, jumping and throwing. OAA | Resilience Games Net and Wall |

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| 4 | Integrity Athletics- distance running Invasion games. Swimming (2 Week Block) | Reflection Dance | Trust Gymnastics - balance and jumps. Swimming (2 Week Block) | Resourcefulness Striking and fielding games. Gymnastics - rolling. | Respect Athletics - running, jumping and throwing. | Resilience OAA Games - Net and wall. |
| 5 | Encouragement Athletics - distance running Invasion games Dance | Communication Invasion games Gymnastics - balance, jump and travel. | Self-motivation Fundamental Movement Skills Invasion Games Gymnastics - rolls and sequencing. | Co-operation Dance - The Home Front Striking and fielding games. | Self - discipline Athletics - running, jumping and throwing | Decision making OAA Net and wall games |
| 6 | Encouragement Athletics - distance running Invasion games Dance | Communication Invasion Games Dance | Self-motivation Gymnastics - balance and travel Fundamental Movement Skills | Co-operation Striking and fielding games. Gymnastics - rolling and sequencing. | Self-discipline Athletics - running, jumping and throwing. | Decision-making OAA Net and Wall Games |