



Curriculum Overview

Physical Education

Click to access [Progression of Knowledge Map](#)

Year	Autumn Term		Spring Term		Summer Term	
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

Year	Autumn Term		Spring Term		Summer Term	
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