



# PE Curriculum Overview

## Foundation

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Agility balance and coordination skills  Games / Skills  Multi skills	Agility balance and coordination skills  Yoga Celebrations topic link Power of PE	Dance	Agility balance and coordination skills  Gymnastics	Agility balance and coordination skills Transport topic link Power of PE  Zip and Move  Maypole	Agility balance and coordination skills  Large Ball skills/ Athletics

## Year 1

Autumn 1	Autun 2	Spring 1	Spring 2	Summer 1	Summer 2
Games					
	Team games	Net and wall games	Attacking and defending	Striking and fielding	Defending and attacking
Outdoor Adventurous Education	Rugby Basketball Netball Simple games	Tennis Volleyball Beach ball	Frisbee Uni hockey  Spring 2 skip challenge	Golf Cricket Scatter ball	Football hockey
Flexibility strength control and balance					
Dance	Agility balance coordination Zip and move space	Yoga	Multi skills	Gymnastics	Athletics

## Year 2

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Games					
Games	Team games	Net and wall games	Attacking and defending	Striking and fielding	Defending and attacking
Outdoor Adventurous Education	Making up own games Rugby Basketball Netball Simple games	Tennis Volleyball Beach ball	Frisbee Uni hockey  Spring 2 skip challenge	Golf Cricket Scatter ball	Football hockey
Flexibility strength control and balance					
Dance	Gymnastics	Yoga / Zumba	Multi skills	May pole	Athletics



# PE Curriculum Overview

## Year 3

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Games					
Invasion games	Throwing and catching	Net and wall	Outdoor Adventure	Defending and attacking	Striking and fielding
Uni hockey Tag rugby Ultimate frisbee	Netball Dodgeball Bench ball Ultimate frisbee	Volleyball Tennis Badminton		Handball Basketball football	Golf Rounders cricket
Flexibility strength control and balance					
Yoga circuits	Gymnastics	Swim	Swim	Athletics	Dance

## Year 4

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Games					
Outdoor Adventure	Throwing and catching	Net and wall	Invasion games	Defending and attacking	Striking and fielding
	Netball Dodgeball Bench ball	Volleyball Tennis Badminton	Uni hockey Tag rugby Ultimate frisbee Netball	Handball Basketball football	Golf Rounders cricket
Flexibility strength control and balance					
Swim	Swim	Gymnastics	Circuit Zumba Yoga	Athletics	Dance

## Year 5

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Games					
Attacking principles	Attacking and defending	Net and wall games	Running and jumping	Invasion games Passing marking	Striking and fielding
Netball Basketball handball	Hockey Tag rugby Basketball Netball	Tennis Volleyball badminton	Skiping Jumping challenges Speed bounce, broad jump Relay races	Frisbee Dodgeball Bench ball Hockey Rugby	Golf Rounders cricket
Flexibility strength control and balance					
Adventurous Outdoor Education Including residential	Circuits Cross country Aerobic style activities to music	Gymnastics	Athletics Running focus	Dance	Athletics Throwing Hurdles



# PE Curriculum Overview

## Year 6

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Games					
Attacking principles	Attacking and defending	Net and wall games	Running and jumping	Invasion games Passing marking	Striking and fielding
Netball Basketball Handball  Games make own up	Hockey Tag rugby Basketball Netball	Tennis Volleyball badminton	Skipping Jumping challenges Speed bounce, broad jump Relay races	Dodgeball Bench ball Ultimate frisbee Hockey Rugby	Golf Rounders Cricket  Transition Skills Leadership Teamwork Resilience Perseverance
Flexibility strength control and balance					
Adventurous Outdoor Education Including residential	Circuits Cross country Aerobic style workouts to music	Gymnastics	Dance	Athletics Throwing Hurdles Baton Running/ sprints	