

Physical Education Curriculum Overview

	Autumn Term		Spring Term		Summer Term	
	1 st Half	2 nd Half	1 st Half	2 nd Half	1 st Half	2nd Half
	Locomotion, Stability and Object Control					
Reception	Gymnastics	Ball skills	Dance	OAA	Athletics	Games
Years 1	Locomotion, Stability and Object Control					
	Games Fundamental Movement Games	Games Ball Skills	Games Sending and Receiving	Games Invasion games	Athletics	Games Target
	Health and Fitness (Yoga, SAQ, Cross Country, circuits)/ Gymnastics Making Shapes (Core Skill)	Dance Story Book Approach/Topic based	Gymnastics/Parkour	Dance Country	Outdoor and Adventurous Activities	Games – strike and field
National Curriculum Link	master basic movements including running, jumping, throwing and catching develop balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns Master basic movements, developing balance, agility and co-ordination.					
Year 2	Games Fundamental Movement Games	Ball Skills	Invasion Games	Target Games	Athletics	Net and Wall Games
	Health and Fitness (Yoga, SAQ, Cross Country, circuits)	Gymnastics Rocking and Rolling	Dance	Parkour	Outdoor and Adventurous Activities	Strike and Field Games
National Curriculum Link	master basic movements including running, jumping, throwing and catching develop balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending					

	perform dances using simple movement patterns					
Years 3	Invasion Games Tag Rugby, hockey and Handball based	Invasion Games Netball and Basketball based	Parkour	Target Games	Athletics	Net and wall games
	3G Health and Fitness (Yoga, SAQ, Cross Country, circuits) 3T Swimming	3G Dance 3T Swimming	3G Swimming 3T Health and Fitness (Yoga, SAQ, Cross Country, circuits)	3G Swimming 3T Dance	Outdoor and Adventurous Activities	Striking and fielding games
National Curriculum Link	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis] apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations					
Years 4	Invasion Games Tag Rugby and Football based	Dance Country Dancing	Parkour	Invasion Games Hockey/Handball based	Net and Wall Games	Striking and Fielding Games
	Health and Fitness (Yoga, SAQ, Cross Country, circuits)	Target Games	Invasion Games Netball/Basketball based	Outdoor and Adventurous Activities	Athletics	
National Curriculum Link	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis] apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best					

Year 5	Tag Rugby/Handball	Basketball/Netball	Outdoor and Adventurous Activities (including orienteering)	Parkour	Tennis	Rounders	
	Tchoukball	Pop Lacrosse	Dance Year Group Topic Approach (Indoor athletics – 2 lessons)	Cricket	Athletics		Golf
National Curriculum Link	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis] apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best						
Years 6	Tag Rugby	Netball/Basketball	Football	Cricket	Tennis	Rounders	
	Tchoukball	Hockey	Parkour (Indoor athletics - 2 lessons)	Dance Exam Dance (Core Task)	Athletics		Spikeball
National Curriculum Link	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis] apply basic principles suitable for attacking and defending develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best						