

## PE Curriculum - Yearly Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS2 Ages 4-5	exercise  core strength and balance	move  locomotion, travelling and agility	practise  coordination and dynamic balance	communicate  agility, object control, core strength and balance	think  object control	create  locomotion and object control
Year 1 Ages 5-6	Fundamental Skills 1 – ways of travelling  Fundamental Skills 2 – jumping, hopping, skipping	Football (skills and mini games)  Fundamental Skills 3- spatial awareness	Fundamental Skills 4 – throwing and catching  Gymnastics	Matball/Kick Rounders/Balloon Volleyball  Dance – Fairy tales and Minibeasts	Fundamental Skills 5  Sports Day Practise (Athletics)	Fundamental Skills 6  Sports Day Practise (Athletics)
Year 2 Ages 6-7	Fundamental Skills 1 – ways of travelling  Fundamental Skills 2 – jumping, hopping, skipping	Football (skills and mini games)  Fundamental Skills 3 – spatial awareness	Fundamental Skills 4 – throwing and catching  Gymnastics	Matball/Kick Rounders/Balloon Volleyball  Dance – Pirates and Minibeasts	Fundamental Skills 5  Sports Day Practise (Athletics)	Fundamental Skills 6  Sports Day Practise (Athletics)
Year 3 Ages 7-8	Football  Gymnastics	Invasion Games fundamentals - part 1  Cross – county and team building	Dance – Disco and Freestyle  Basketball	Tag-rugby  Pilates/ Yoga	Net and Wall fundamental skills – part 1  Ten-base Rounders	Tennis  Outdoor Athletics
Year 4 Ages 8-9	Football  Gymnastics	Invasion Games fundamentals - part 2  Cross – county and team building	Dance – Bollywood and Hip Hop  Basketball	Tag-rugby  Pilates/Yoga	Net and Wall fundamental skills – part 2  Ten-base Rounders	Tennis  Outdoor Athletics
Year 5 Ages 9-10	Football  Gymnastics	Hockey  Cross – county and team building	Cheerleading  Netball	Tag-rugby  Dance – Charleston *	Cricket  Badminton *	Rounders  Outdoor Athletics *
Year 6 Ages 10-11	Football  Gymnastics	Hockey  Cross – county and team building	Cheerleading  Netball	Tag-rugby  Dance – Strictly	Cricket  Badminton	Rounders  Outdoor Athletics

\*Year 5 will also attend swimming sessions for 12 weeks (March 2023 – July 2023).