

PE Curriculum Overview

EYFS

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Dance - Nursery Rhymes	An adventure with the Emergency Services	Stability 1	Gymnastics - Travelling, Stopping, and Making Shapes	Dance - Jungle	Locomotion 1
	Fine Motor skills	Gymnastics - Parts High & Parts Low	+	+	Target Games 1	+
Reception	Fine Motor skills	Locomotion 1	Gymnastics - Flight - Bouncing, Jumping & Landing	Dance - Nursery Rhymes	Yoga	Athletics 1
	Fundamental Movement Skills 1	Gym - Rocking & Rolling	Locomotion 2	Object Control 1	Invasion Game Skills 1	Target Games 1

KSI

Year One	Fundamental Movement Skills 2	Gymnastics - Balancing & spinning on Points & Patches	Net & Wall Game Skills 1	Gymnastics - Wide, narrow & curled rolling & balancing	Team Building and Parachute Games 1	Yoga Storybook
	Striking & Fielding Game Skills 1	Dance - Pirates	Target Games 2	Athletics 2	Dance - Animals	Object Control 2
Year Two	Striking & Field Game Skills 2	Target Games 3	Gymnastics - Pathways: straight, zipzag & curving	Gymnastics - Stretching, curling & arching	Dance - Animals	Athletics 2
	Fundamental Movement Skills 3	Net & Wall Game Skills 2	Yoga	Fundamental Movement Skills 3	Team Building and Parachute Games 2	Invasion Game Skills 2

KS2

Year Three	Basketball	Football	Gymnastics - Receiving body weight	Dance - Egyptians	Swimming	Swimming
	Health Related Fitness	Invasion Game Skills 3	Yoga	Gymnastics - Symmetry & asymmetry (partners)	OAA	Athletics 3
Year Four	Swimming	Swimming	Football	Gymnastics Year 4	Cricket	Tennis
	Basketball	Hockey	Gymnastics - Rolling & travelling low	Dance - Romans	Athletics 4	OAA
Year Five	Tag Rugby	Gymnastics - Matching, mirroring & contrast	Hockey	Athletics 5	Tennis	Yoga
	Cricket	Dance Vikings	Swimming	Swimming	Health Related Fitness	OAA
Year Six	Invasion Game Skills 4	Gymnastics - Counter-balance & counter tension	Netball	Tennis	Tag Rugby	Athletics 6
	Cricket	Dodgeball	Gymnastics - Group Sequencing	Volleyball	Dance - The Haka	OAA