

## PE Curriculum Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Dance -Weather/pirates Invasion games - concept and skill building	Yoga Fundamental Movements - (ABCs)	Net and Walls Skills Gymnastics - developing techniques	Fundamental Movements (ABCs) Ball skills	Athletics Dance - Lost toys/On Safari	Target Games Striking and Fielding
2	Dance - Secret Garden/The Circus Fundamental Movement (ABCs)	Target Games Gymnastics - Spinning and twisting	Striking and Fielding Fitness - ABCs and stamina	Yoga Ball skills - sending and receiving	Net & Wall Games Athletics - jumping, running and throwing	Bat and Ball Skills Invasion Games
3	Gymnastics - Balances and rolls Handball	Football Tennis	Dodgeball Dance- Machines/A trip to Egypt	Ball skills - throwing, catching and dribbling Rugby	Yoga Rounders	Cricket Athletics- jumping & running
4	Dance - Romans The Spy/Carnival Basketball	Hockey Rugby	Tennis Gymnastics - Arching & Bridges	Football Table Tennis	Fundamental Movements (ABCs) Athletics - throwing	Rounders Yoga
5	Netball Gymnastics - Mirroring/symmetrical and asymmetrical	Basketball Rounders	Football Handball	Dance - Dance by Chance/Ancient Maya Badminton/Tennis	Dodgeball Yoga	Fitness Athletics - pacing/sprinting technique, throwing
6	Dance - Stamp, clap/Bhangra Hockey	Netball Gymnastics - Balance/tension	Tennis Dance - Waiting for/70s disco	Football Cricket	Rugby Badminton	Dodgeball Athletics - jumping