



# Curriculum Overview: Physical Education

|           | Autumn 1           | Autumn 2      | Spring 1              | Spring 2              | Summer 1              | Summer 2               |
|-----------|--------------------|---------------|-----------------------|-----------------------|-----------------------|------------------------|
| Nursery   |                    | Intro to PE   | Fundamentals Unit 1   | Dance Unit 1          | Ball skills Unit 1    | Gymnastics             |
| Reception | Introduction to PE | Intro to PE   | Fundamentals Unit 1/2 | Dance Unit 1/2        | Gymnastics            | Games Unit 1/2         |
| Year 1    | Fundamentals       | Dance         | Gymnastics            | Sending and receiving | Striking and fielding | Target games           |
| Year 2    | Fundamentals       | Team Building | Gymnastics            | Invasion games        | Net wall              | Athletics              |
| Year 3    | Yoga               | Swimming      | Swimming              | Gymnastics            | Cricket               | Dodgeball              |
| Year 4    | Tennis             | Dance         | Ball skills           | Swimming              | Gymnastics            | Rounders               |
| Year 5    | Fitness            | Hockey        | Rounders              | Gymnastics            | Swimming              | Athletics              |
| Year 6    | Swimming           | Dance         | Rounders              | Hockey                | Athletics             | Swimming<br>Gymnastics |