

PE Curriculum Overview

Year Group	Autumn		Spring		Summer	
Year R						
Year 1/2-Cycle 1	Fundamentals (Y1) Fitness (Y1)	Team building Dance (nativity)	Ball skills Y1 Yoga	Invasion Games Gymnastics	Target games Y1 Athletics Sports Day or Y1	Striking and Fielding (Y2) Dance (Y2)
Year 1/2-Cycle 2	Fundamentals (Y2) Gymnastics	Net and wall games Dance-combining movements in time to the music (Nativity dances)	Sending and Receiving games Fitness Y2	Ball Skills Y2 Dance (Y1)	Target games Y2 Athletics (Sports Day practise) Y2	Striking and Fielding (Y1) Fundamentals- balance and agility- obstacle courses.
Year 3/4 Cycle 1	Gym with equipment Ball skills	Fitness Fundamentals	Swimming Dodgeball	Swimming Handball	OAA Athletics Y3 or sports day	Tennis Y3 Rounders Y3

Year 3/4-Cycle 2	Gym with equipment-sequencing movements/balances	Dance-linked to subject (Roman dance)	Swimming	Swimming	Athletics Y4	Rounders Y4
	Football	Netball	Golf	Rugby	Cricket Y4	Tennis Y4
Year Y5/Y6 Cycle 1	Volleyball	OAA Y6	Basketball	Dodgeball (Y6)	Athletics Y5	Tennis Y5
	Yoga	Fitness Y6	Dance Y5	Gymnastics Y5	Cricket Y6	Rounders Y5
Year Y5/6 Cycle 2	Netball	Football	Hockey	Rugby	Tennis Y6	Rounders Y6
	Circuits	Gymnastics Y6	Dance (Y6)	Gymnastics apparatus	Athletics Y6	Badminton