

PE Curriculum Overview 18-19

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	Multi-skills Spatial awareness	Multi-skills Basic motor skills	Gymnastics Balance	Tennis Balance & coordination	Multi-skills Throwing/aiming	Athletics Speed/distance
	Multi-skills Basic motor skills	Gymnastics Balance/movement - floor	Gymnastics Jumping - apparatus	Multi-skills Coordination & bouncing	Fencing	Balance Ability
<b>Year 1</b>	Tennis Control/movement	Multi-skills Throwing & catching	Gymnastics Travel using apparatus	Tennis Control & hitting	Athletics Obstacles – spatial awa.	Swimming
	Multi-skills Sending skills	Gymnastic jumping - floor	Gymnastics Balance - apparatus	Multi-skills Attacking & defending	Fencing	Lacrosse Control & movement
<b>Year 2</b>	Tennis Sending & receiving	Multi-skills Aiming/Targets	Gymnastics Rolling	Tennis Control & hitting	Swimming	Athletics Jumping – height & distance
	Multi-skills Moving with a ball	Gymnastics Patterns/sequence - floor	Gymnastics Jumping - apparatus	Multi-skills Attacking & defending	Fencing	Lacrosse Control & throwing
<b>Year 3</b>	Tennis Rally	Hockey Dribbling	Gymnastics Rhythmic/ sequences	Swimming	Rounders Batting & catching	Athletics Throwing technique
	Tag Rugby Evade & tag	Gymnastics Rolling	Inclusive sports	Football Passing & receiving	Archery	Cricket Batting & catching
<b>Year 4</b>	Tennis Serving & ball speed	Hockey Passing & Receiving	Swimming	Lacrosse Passing & receiving	Rounders Bowling	Athletics Running – stamina & sprinting
	Tag Rugby Pass & recieve	Gymnastics Jumping using app	Inclusive sports	Football Dribbling & aiming	Archery	Cricket Bowling
<b>Year 5</b>	Swimming	Hockey Attacking & developing	Gymnastics Jumps & lifts	Lacrosse Attacking & defending	Rounders Attacking & tactics	Athletics Relays & team tactics
	Tag Rugby Attacking & defending	Gymnastics Balance/jump - apparatus	Inclusive sports	Football Attacking & defending	Archery	Cricket Attacking/tactics
<b>Year 6</b>	Bike Ability	Swimming	Gymnastics Dynamic balancing	Lacrosse Scoring & tactics	Rounders Batting & scoring	Athletics Measuring & setting goals
	Tag Rugby Developing tactics	Gymnastics sequencing	Inclusive sports	Football Communication & teamwork	Archery	Cricket Batting & scoring

MSP Coach teaching blue topics

Class teacher teaching black topics

**Dance**

Taught as part of gymnastics lessons (movement patterns).

Dance workshop planned for each half term for each class by Beth Williams Dance School.

**Outdoor and Adventurous Activities (OAA)**

Reception – Following instructions.

Year One – Working in small groups.

Year Two – Decision making and finding solutions.

Year Three – Effective communication and listening.

Year Four – Have confidence and trust in each other.

Year Five - Identify individual/group strengths and following a basic map.

Year Six – Adapt problem solving strategies and share ideas.

*KS2 - Outdoor and adventurous activities to be planned in by the class teacher.*