

PE Curriculum Overview 2023 Onwards

Reception	Fundamental Movement Skills Travelling, stopping and turning	Dance Exploring how my body can move	Fundamental Movement Skills Balance	Gymnastics Floor and apparatus work	Fundamental Movement Skills Throwing catching and travelling with a ball	Athletics Running, throwing and jumping
P.E. Year 1/2 Cycle 1	Games Val Sabin – Throwing, catching, hitting and kicking Gymnastics Linking.	Dance LCP – Weather and seasons Games Invasion, using hands and feet	Gymnastics Val Sabin – Rocking and rolling Dance Characterisation.	Dance LCP – Colours and moods Games Target games and accuracy eg curling and boccia	Gymnastics Val Sabin – Wide, narrow, curled Games Striking and fielding	Games Val Sabin – Group games and rules Athletics Running, throwing and jumping
P.E. Year 1/2 Cycle 2	Gymnastics Val Sabin – Travelling Games Invasion games using hands and feet	Dance LCP – At the Seaside Gymnastics Floor and apparatus	Games (Indoor) Val Sabin – Throwing, catching and aiming Dance Linked to flight	Gymnastics Val Sabin – Points and patches Games Small sided games	Dance LCP – Magic Toys Athletics Running, throwing and jumping	Games (Outdoor) Val Sabin – Developing partner work Games Striking and fielding

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<p>P.E. Year 3/4 Cycle 2</p>	<p>Swimming</p> <p>Games Invasion games - Football</p>	<p>Swimming</p> <p>Gymnastics Bridges</p>	<p>Swimming</p> <p>Games Invasion games - Basketball</p>	<p>Games Net games – Tennis</p> <p>Dance Linked to Romans and Volcanoes</p>	<p>Games Striking & fielding - Cricket</p> <p>Athletics Running, throwing and jumping</p>	<p>Outdoor and Adventurous Activities Orienteering</p> <p>Athletics Running, throwing and jumping</p>
<p>P.E. Year 5/6 Cycle 1</p>	<p>Games Invasion games - Tag Rugby</p> <p>Games Invasion Games - Netball</p>	<p>Games Net games – Badminton</p> <p>Dance Tudor Dance</p>	<p>Games Invasion Games - Netball</p> <p>Gymnastics Floor rhythmic routines</p>	<p>Swimming</p> <p>Dance Country Dance</p>	<p>Swimming</p> <p>Athletics Running, throwing and jumping Striking and Fielding</p>	<p>Swimming</p> <p>Outdoor and Adventurous Activities Orienteering</p>
<p>P.E. Year 5/6 Cycle 2</p>	<p>Games Invasion games - Football</p> <p>Games Invasion games - Basketball</p>	<p>Games Net games – Tennis</p> <p>Dance World War 2</p>	<p>Games Invasion Games - Handball</p> <p>Gymnastics Counter balance and counter tension</p>	<p>Gymnastics Floor and apparatus combinations</p> <p>Dance Ancient Greeks</p>	<p>Games Striking & fielding - Cricket</p> <p>Athletics Running, throwing and jumping</p>	<p>Swimming</p> <p>Outdoor and Adventurous Activities Orienteering</p>