

AREA OF LEARNING: PE

PE | 7 Year Curriculum Overview | 2023-2024

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
R	Locomotion 1	Fundamental Movement Skills 1	Object manipulation 1	Target Games 1	Gymnastics – Flight: bouncing, jumping, landing	Dance Jungle
Year 1	Fundamental Movement Skills 2	Target Games 2	Net & Wall Game Skills 1	Athletics 1	Invasion Games Skills 1	Gymnastics – Balancing and Spinning
	Locomotion 2	Gymnastics – Wide, narrow & curling rolling & balancing	Yoga	Dance – Animals	Objects Manipulation 2	Striking and Field Skills 1
Year 2	Fundamental Movement Skills 3	Net and Wall Game Skills 2	Gymnastic – Stretching, curling & arching	Gymnastics – Spinning turning and twisting	Tri Golf	Invasion Games Skills 2
	Dance – Fire of London	Target Games 3	Yoga Storybook	Dance - Minibeasts	Athletics 2	Striking & Field Games Skills 2
Year 3	Invasion Games Skills 3	Handball	Dance – Egyptians	Gymnastics – Symmetry & Asymmetry	Athletics	Netball
	Hockey	Tennis	Football	Cricket	OAA	Tri-golf
Year 4	Health Related Fitness	Tag Rugby	Gymnastics – Rolling & travelling low	Dodgeball	Lacrosse	Rounders
	Dance – Romans	Badminton	Basketball	Yoga	Swimming	Swimming
Year 5	Health Related Fitness	Handball	Dance – The Haka	Gymnastics – synchronisation & canon	Team building and Problem solving	Cricket
	Hockey	Tennis	Swimming	Swimming	Athletics	Volleyball
Year 6	Ultimate Frisbee	Basketball	Dance – World War 2	Gymnastics – group sequencing	Dodgeball	Rounders
	Swimming	Swimming	Lacrosse	Tag Rugby	Leadership	Badminton

