



P.E. Curriculum Overview

	EYFS	Year 1/2		Year 3/4		Year 5/6	
		Year A	Year B	Year A	Year B	Year A	Year B
Autumn 1	Locomotion: Walking and Jumping	Locomotion: Running	Locomotion: Dodging	Invasion: Netball	Invasion: Handball	Invasion: Basketball	Invasion: Tag Rugby
Autumn 2	Gymnastics: High, Low, Over, Under	Gymnastics: Wide, Narrow, Curled	Gymnastics: Linking	Gymnastics: Symmetry & Asymmetry	Gymnastics: Bridges	Gymnastics: Counterbalance and Counter Tension	Gymnastics: Matching & Mirroring
Spring 1	Dance: Dinosaurs	Dance: The Zoo	Dance: Explorers	Dance: Wild Animals	Dance: Witches and Wizards	Dance: World War 2	Dance: Carnival
Spring 2	Ball Skills: Hands 1	Ball Skills: Hands 1/2	Ball Skills: Feet	Swimming Week	Swimming Week	Swimming Week	Swimming Week
				Outdoor Adventure: Problem Solving	Outdoor Adventure: Communication	Outdoor Adventure: Problem Solving	Outdoor Adventure: Orienteering
Summer 1	Ball Skills: Feet	Attack vs Defence Games For Understanding	Team Building Team Building	Striking & Fielding: Rounders	Striking & Fielding: Rounders	Striking & Fielding: Cricket	Striking & Fielding: Cricket
Summer 2	Attack vs Defence Games For Understanding	Swimming Week	Swimming Week	Athletics: Track	Athletics: Field	Athletics: Track	Athletics: Field
		Locomotion: Jumping	Locomotion: Jumping				