

## PE Curriculum Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS</b>	Content: Attack vs Defence	Content: Ball Skills	Content: Dance	Content: Gymnastics	Content: Locomotion – jumping	Content: Locomotion – walking
<b>Year 1</b>	Outdoor content: Locomotion RUNNING Indoor content: Health and wellbeing	Outdoor content: Ball skills HANDS Indoor content: Gymnastics BODY PARTS	Outdoor content: Locomotion JUMPING Indoor content: Dance GROWING	Outdoor content: Ball skills FEET Indoor content: Gymnastics WIDE, NARROW, CURLED	Outdoor content: Athletics Indoor content: Dance HEROES	Outdoor content: Attack vs Defence Indoor content: Team building
<b>Year 2</b>	Outdoor content: Locomotion JUMPING Indoor content: Health and wellbeing	Outdoor content: Ball skills HANDS Indoor content: Gymnastics LINKING	Outdoor content: Locomotion DODGING Indoor content: Dance EXPLORERS	Outdoor content: Ball skills FEET Indoor content: Gymnastics PATHWAYS	Outdoor content: Athletics Indoor content: Dance WATER	Outdoor content: Attack vs Defence Indoor content: Team building
<b>Year 3</b>	Outdoor content: Games – Handball Indoor content: Health and wellbeing – MINDFULNESS	Outdoor content: Game sense invasion Indoor content: Gymnastics – Canon and unison	Outdoor content: Invasion - HOCKEY Indoor content: Dance	Outdoor content: Games – Cricket Indoor content: Gymnastics – SYMMETRY & ASYMMETRY	Outdoor content: Athletics Indoor content: Dance	Outdoor content: Outdoor adventure – Communication & tactics Indoor content: Health and wellbeing – MINDFULNESS
<b>Year 4</b>	Outdoor content: Games – Hockey Indoor content: Health and wellbeing – MINDFULNESS	Outdoor content: Game sense invasion Indoor content: Gymnastics – Bridges	Outdoor content: Handball Indoor content: Swimming	Outdoor content: Basketball Indoor content: Swimming	Outdoor content: Athletics Indoor content: Dance	Outdoor content: Outdoor adventure – Communication & tactics Indoor content: Gymnastics
<b>Year 5</b>	Outdoor content: Games – Handball Indoor content: Dance	Outdoor content: Football Indoor content: Health Related Exercise	Outdoor content: Hockey Indoor content: Swimming	Outdoor content: Cricket Indoor content: Swimming	Outdoor content: Athletics Indoor content: Gymnastics	Outdoor content: Outdoor adventure – Problem solving Indoor content: Health Related Exercise

<b>Year 6</b>	Outdoor content: Games – Football  Indoor content: Health Related Exercise	Outdoor content: Hockey  Indoor content: Gymnastics – Creating sequences	Outdoor content: Handball  Indoor content: Dance – Titanic	Outdoor content: Games – Tennis  Indoor content: Gymnastics – Matching and mirroring	Outdoor content: Athletics  Indoor content: Tennis	Outdoor content: Outdoor adventure – Leadership  Indoor content: Cricket
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