



PE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery (Cycle A)	Stability 1	Dance - Copy and Explore	Fine Motor skills	Locomotion 1	Target Games 1	Personal Challenges
	Gymnastics - Travelling, Stopping, and Making Shapes	Dance - Toys	Dance - Jungle	+	Gymnastics - Parts High & Parts Low	+
Reception (Cycle B)	Fundamental Movement Skills 1	An adventure with the Emergency Services	Athletics 1	Locomotion 2	Invasion Game Skills 1	Stability 2 (static and dynamic balance)
	Gym - Rocking & Rolling	+	Dance - Seasons	Dance - Nursery Rhymes	Gymnastics Reception	+
Year One (Cycle A)	Fundamental Movement Skills 2	Athletics 2	Object Control 2	Striking & Fielding Game Skills 1	Yoga Storybook	Striking & Fielding Game Skills 2
	Gymnastic Year 1	Dance - Mini Beasts	+	Gymnastics - Wide, narrow & curled rolling & balancing	Dance - Pirates	+
Year Two (Cycle B)	Fundamental Movement Skills 3	Athletics 2	Invasion Game Skills 2	Target Games 3	OAA	Net & Wall Game Skills 2
	Gymnastics - Spinning, turning & twisting	Dance - Fire of London	+	Gymnastics Year 2	Unit 2 - Dino Island	+
Year Three (Cycle A)	Dodgeball	Athletics 3	OAA	Badminton	Swimming	Orienteering - Coming Soon!
	Gymnastics - Linking movements together	Dance - Space	Health Related Fitness	Gymnastics - Symmetry & asymmetry (partners)	+	Dance - Egyptians
Year Four (Cycle B)	Tennis	Athletics 4	Danish Longball	Tag Rugby	Personal Challenges	Swimming
	Gymnastics - Arching and bridges	Dance - Romans	+	Gymnastics - Partner work - Pushing and pulling	+	Dance - Dance Around the World
Year Five (Cycle A)	Cricket	Athletics 5	OAA	Hockey	Yoga	Orienteering - Coming Soon!
	Gymnastics - Matching, mirroring & contrast	Dance - The Haka	Health Related Fitness	Gymnastics Year 5	Dance - British Values	+
Year Six (Cycle B)	Football	Athletics 6	Team Building and Problem Solving	Ultimate Frisbee	Leadership	Personal Challenges
	Gymnastics - Flight	+	Dance - World War 2	Gymnastics Year 6	+	Dance - Dance through the ages