Physical Education Curriculum Overview

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Introduction to PE	Fundamentals	Gymnastics	Dance	Ball skills	Games
Year 1	Fundamentals Fitness	Dance Ball skills	Gymnastics Sending and receiving	Invasion games Yoga	Striking and fielding Target games	Athletics Team building
Year 2	Fundamentals Swimming	Gymnastics Fitness	Dance Target games	Team building Invasion games	Striking and fielding Yoga	Athletics Swimming beginners
Year 3	Fundamentals Swimming	Dance Swimming	Gymnastics Swimming	Ball skills Swimming	Cricket Swimming	Athletics Swimming
Year 4	Tennis Swimming	Gymnastics Swimming	Dance Swimming	Hockey Swimming	Rounders Swimming	Athletics Swimming
Year 5	Tag rugby Swimming	Dance Swimming	Gymnastics Swimming	Volleyball Swimming	Cricket Swimming	Athletics Swimming
Year 6	Netball Swimming	Gymnastics Swimming	Dance Swimming	Lacrosse Swimming	Rounders Swimming	Athletics OAA

Progression into year 7

By the end of Year 6, pupils should have developed the knowledge, skills and confidence needed to build upon their learning in Key Stage 3.

- **Athletics:** Apply and refine running, jumping and throwing techniques, demonstrating increasing control, accuracy and an understanding of pace, power and performance.
- **Gymnastics and Dance:** Create and perform increasingly complex sequences with control, balance, coordination and expression, demonstrating creativity and an awareness of technique.
- **Games and Tactics:** Apply a range of skills in competitive games, demonstrating accuracy in passing, catching, striking and fielding. Make tactical decisions and understand basic principles of attacking and defending.
- **Evaluation and Improvement:** Evaluate their own and others' performances, identifying strengths and areas for improvement and applying feedback to refine their skills.
- **Teamwork and Leadership:** Communicate effectively, collaborate with others, demonstrate fairness and respect, and take increasing responsibility within team activities.
- **Health and Fitness:** Understand the importance of regular physical activity, recognise its benefits for physical and mental wellbeing, and develop positive attitudes towards lifelong participation in sport and exercise.