**PE Curriculum Overview 2022-23**

|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
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| **Reception** |

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| **Create your own unit** |
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| **Dance - Jungle** |
| **Object manipulation 1** |

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| **Stability 2 (static and dynamic balance)** |
| **Gymnastics - Flight - Bouncing, Jumping & Landing** |

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| **Fundamental Movement Skills 1** |
| **Gym - Rocking & Rolling** |

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| **Invasion Game Skills 1** |
| **Striking & Fielding Game Skills 1** |

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| **Target Games 1** |
| **Athletics 1** |

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| **Year One** |

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| **Dance - Animals** |
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| **Gymnastics - Pathways - small & long** |
| **Invasion Game Skills 1** |

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| **Gymnastics - Wide, narrow & curled rolling & balancing** |
| **Fundamental Movement Skills 2** |

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| **Yoga** |
| **Object Manipulation 2** |

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| **Target Games 2** |
| **Locomotion 2** |

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| **Striking & Fielding Game Skills 1** |
| **Invasion Game Skills 2** |

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| **Year Two** |

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| **Dance - Under the Sea** |
| **Fundamental Movement Skills 3** |

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| **Gymnastics - Stretching, curling & arching** |
| **Yoga Storybook** |

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| **Target Games 3** |
| **Net & Wall Game Skills 2** |

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| **Yoga** |
| **Gymnastics - Pathways: straight, zipzag & curving** |

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| **Athletics 2** |
| **Tri Golf** |

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| **Striking & Field Game Skills 2** |
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| **Year Three** |

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| **Basketball** |
| **Dance - Egyptians** |

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| **Football** |
| **Dodgeball** |

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| **Gymnastics - Linking movements together** |
| **Tag Rugby** |

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| **Hockey** |
| **Netball** |

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| **Athletics** |
| **Health Related Fitness** |

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| **Cricket** |
| **Tennis** |

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| **Year Four** |

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| **Dance - Space** |
| **Basketball** |

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| **Football** |
| **Yoga** |

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| **Gymnastics - Arching and bridges** |
| **Tag Rugby** |

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| **Hockey** |
| **Netball** |

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| **Rounders** |
| **Cricket** |

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| **Health Related Fitness** |
| **Athletics** |

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| **Year Five** |

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| **Dodgeball** |
| **Swimming** |

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| **Dance - The Haka** |
| **Football** |

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| **Gymnastics - Matching, mirroring & contrast** |
| **Volleyball** |

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| **Health Related Fitness** |
| **Flag Football** |

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| **Badminton** |
| **Handball** |

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| **Tennis** |
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| **Year Six** |

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| **Netball** |
| **Dodgeball** |

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| **Football** |
| **Dance - World War 2** |

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| **Gymnastics - Counter-balance & counter tension** |
| **Team Building and Problem Solving** |

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| **Basketball** |
| **Leadership** |

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| **Cricket** |
| **Rounders** |

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| **Athletics** |
| **Lacrosse** |

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