**PE Curriculum Overview 2022-23**

|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| --- | --- | --- | --- | --- | --- | --- |
| **Reception** | |  | | --- | | **Create your own unit** | |  | | |  | | --- | | **Dance - Jungle** | | **Object manipulation 1** | | |  | | --- | | **Stability 2 (static and dynamic balance)** | | **Gymnastics - Flight - Bouncing, Jumping & Landing** | | |  | | --- | | **Fundamental Movement Skills 1** | | **Gym - Rocking & Rolling** | | |  | | --- | | **Invasion Game Skills 1** | | **Striking & Fielding Game Skills 1** | | |  | | --- | | **Target Games 1** | | **Athletics 1** | |
| **Year One** | |  | | --- | | **Dance - Animals** | |  | | |  | | --- | | **Gymnastics - Pathways - small & long** | | **Invasion Game Skills 1** | | |  | | --- | | **Gymnastics - Wide, narrow & curled rolling & balancing** | | **Fundamental Movement Skills 2** | | |  | | --- | | **Yoga** | | **Object Manipulation 2** | | |  | | --- | | **Target Games 2** | | **Locomotion 2** | | |  | | --- | | **Striking & Fielding Game Skills 1** | | **Invasion Game Skills 2** | |
| **Year Two** | |  | | --- | | **Dance - Under the Sea** | | **Fundamental Movement Skills 3** | | |  | | --- | | **Gymnastics - Stretching, curling & arching** | | **Yoga Storybook** | | |  | | --- | | **Target Games 3** | | **Net & Wall Game Skills 2** | | |  | | --- | | **Yoga** | | **Gymnastics - Pathways: straight, zipzag & curving** | | |  | | --- | | **Athletics 2** | | **Tri Golf** | | |  | | --- | | **Striking & Field Game Skills 2** | |  | |
| **Year Three** | |  | | --- | | **Basketball** | | **Dance - Egyptians** | | |  | | --- | | **Football** | | **Dodgeball** | | |  | | --- | | **Gymnastics - Linking movements together** | | **Tag Rugby** | | |  | | --- | | **Hockey** | | **Netball** | | |  | | --- | | **Athletics** | | **Health Related Fitness** | | |  | | --- | | **Cricket** | | **Tennis** | |
| **Year Four** | |  | | --- | | **Dance - Space** | | **Basketball** | | |  | | --- | | **Football** | | **Yoga** | | |  | | --- | | **Gymnastics - Arching and bridges** | | **Tag Rugby** | | |  | | --- | | **Hockey** | | **Netball** | | |  | | --- | | **Rounders** | | **Cricket** | | |  | | --- | | **Health Related Fitness** | | **Athletics** | |
| **Year Five** | |  | | --- | | **Dodgeball** | | **Swimming** | | |  | | --- | | **Dance - The Haka** | | **Football** | | |  | | --- | | **Gymnastics - Matching, mirroring & contrast** | | **Volleyball** | | |  | | --- | | **Health Related Fitness** | | **Flag Football** | | |  | | --- | | **Badminton** | | **Handball** | | |  | | --- | | **Tennis** | |  | |
| **Year Six** | |  | | --- | | **Netball** | | **Dodgeball** | | |  | | --- | | **Football** | | **Dance - World War 2** | | |  | | --- | | **Gymnastics - Counter-balance & counter tension** | | **Team Building and Problem Solving** | | |  | | --- | | **Basketball** | | **Leadership** | | |  | | --- | | **Cricket** | | **Rounders** | | |  | | --- | | **Athletics** | | **Lacrosse** | |