

# PE Curriculum Overview 2022-23 reviewed and revised November 2022

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	<b>Create your own unit</b>	<b>Dance - Jungle</b>	<b>Stability 2 (static and dynamic balance)</b>	<b>Fundamental Movement Skills 1</b>  <b>Gym - Rocking &amp; Rolling</b>	<b>Invasion Game Skills 1</b>	<b>Target Games 1</b>  <b>Athletics 1</b>
		<b>Object manipulation 1</b>	<b>Gymnastics - Flight - Bouncing, Jumping &amp; Landing</b>		<b>Striking &amp; Fielding Game Skills 1</b>	
<b>Year One</b>	<b>Dance - Animals</b>	<b>Gymnastics - Pathways - small &amp; long</b>	<b>Gymnastics - Wide, narrow &amp; curled rolling &amp; balancing</b>	<b>Yoga</b>  <b>Object Manipulation 2</b>	<b>Target Games 2</b>	<b>Striking &amp; Fielding Game Skills 1</b>  <b>Invasion Game Skills 2</b>
		<b>Invasion Game Skills 1</b>	<b>Fundamental Movement Skills 2</b>		<b>Locomotion 2</b>	
<b>Year Two</b>	<b>Dance - Under the Sea</b>  <b>Fundamental Movement Skills 3</b>	<b>Gymnastics - Stretching, curling &amp; arching</b>	<b>Target Games 3</b>  <b>Yoga Storybook</b>	<b>Tri Golf</b>  <b>Gymnastics - Pathways: straight, zipzag &amp; curving</b>	<b>Athletics 2</b>	<b>Striking &amp; Field Game Skills 2</b>  <b>Yoga</b>
		<b>Net &amp; Wall Game Skills 2</b>			<b>Athletics 2</b>	

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year Three	Basketball	Football	Gymnastics - Linking movements together	Hockey	Athletics	Cricket
	Dance - Egyptians	Dodgeball	Flag Football	Health Related Fitness	Handball	Tennis
Year Four	Dance - Space	Football	Gymnastics - Arching and bridges	Rounders	Health Related Fitness	Tri Golf
	Basketball	Yoga	Tag Rugby	Netball	Cricket	Athletics
Year Five	Dodgeball	Dance - The Haka	Gymnastics - Matching, mirroring & contrast	Health Related Fitness	Badminton	Volleyball
	Swimming	Football	Handball	Flag Football	Athletics	Tennis
Year Six	Netball	Football	Gymnastics - Counter-balance & counter tension	Rounders	Ultimate Frisbee	Cricket
	Dodgeball	Dance - World War 2	Basketball	Team Building and Problem Solving	Athletics	Leadership