

Physical Education Curriculum Overview

In Reception and Key Stage 1, pupils master the fundamental movement skills and apply them in gymnastics, dance and simple games. In Key Stage 2, these skills are combined in a broad range of sports, with each unit moving from technique to small-sided games to full gameplay.

Year	Autumn	Spring	Summer
Reception	AUTUMN 1 Fundamentals: movement and hand–eye coordination through games AUTUMN 2 Throwing and catching; balance, strength and flexibility in gymnastics	SPRING 1 Leaping and bounding SPRING 2 Running and agility	SUMMER 1 Hand–eye coordination SUMMER 2 Running and QuadKids athletics
Year 1	AUTUMN 1 Fundamentals: running, jumping and hopping; throwing and catching AUTUMN 2 Dance and gymnastics	SPRING 1 Invasion games: tag games, capture the flag SPRING 2 Fundamental motor skills	SUMMER 1 Fundamental skills with a tennis theme; QuadKids athletics SUMMER 2 QuadKids athletics
Year 2	AUTUMN 1 Fundamentals through Sportshall athletics events; throwing and catching games AUTUMN 2 Fundamental skills; gymnastics rolls and partner and group balances	SPRING 1 Invasion games: tag games, capture the flag, kabaddi SPRING 2 Fundamental motor skills	SUMMER 1 Fundamental skills with a tennis theme; QuadKids athletics SUMMER 2 QuadKids athletics; rounders
Year 3	AUTUMN 1 Rounders; Sportshall athletics AUTUMN 2 Sportshall athletics; gymnastics routine to music; dance	SPRING 1 Invasion games: tag games, kabaddi, capture the flag SPRING 2 Basketball	SUMMER 1 Tennis; cricket SUMMER 2 Cricket; athletics and Mini Olympics
Year 4	AUTUMN 1 Sportshall athletics AUTUMN 2 Sportshall athletics; gymnastics balances and routines; dance	SPRING 1 Invasion games; hockey SPRING 2 Netball	SUMMER 1 Tennis; cricket SUMMER 2 Cricket; athletics and Mini Olympics
Year 5	AUTUMN 1 Tag rugby; Sportshall athletics AUTUMN 2 Sportshall athletics; gymnastics; dance; dodgeball competition	SPRING 1 Hockey SPRING 2 Basketball	SUMMER 1 Tennis; cricket SUMMER 2 Cricket; athletics and Mini Olympics
Year 6	AUTUMN 1 Tag rugby; Sportshall athletics AUTUMN 2 Sportshall athletics; gymnastics pair and group routines; dance	SPRING 1 Hockey SPRING 2 Basketball	SUMMER 1 Tennis; cricket SUMMER 2 Cricket; athletics and Mini Olympics

Swimming Pupils swim in Year 3, with catch-up swimming in Year 6 for any pupil who has not yet achieved 25 metres.

Outdoor and adventurous activities Year 4 residential at Carlton Outdoor Centre (2 nights) and Year 5 residential at Peat Rigg Outdoor Centre (4 nights).