

Physical Education Curriculum Overview 2022-2023

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Gymnastics and mobility (Exploring different movements)	Games Skills (Throwing and catching – Range of objects)	Games Skills (Throwing and catching – Range of objects)	Developing games skills in isolation and combination	Developing games skills in isolation and combination	Competitive games and combined games skills	Competitive games and combined games skills
Autumn 2	Gymnastics and mobility (Developing controlled movements using fine and gross motor skills)	Dance and Fitness (Copying and developing movement sequences)	Dance and Fitness (Copying and developing movement sequences)	Dance and Fitness (Creating routines and movement sequences)	Dance and Fitness (Creating routines and movement sequences)	Dance Composition Fitness (Developing and testing principles of fitness)	Dance Composition Fitness (Developing and testing principles of fitness)
Spring 1	Basic games skills (throwing and catching)	Gymnastics (Basic movement patterns)	Gymnastics (Basic movement patterns)	Gymnastics (Explore and develop sequences)	Gymnastics (Explore and develop sequences)	Gymnastics (Compositions and sequences)	Gymnastics (Compositions and sequences)
Spring 2	Basic games skills (using a range of equipment and working in small groups/teams)	Team Games (Competition and cooperation)	Team Games (Competition and cooperation)	Competitive Games (Develop knowledge and rules of a range of sports)	Competitive Games (Develop knowledge and rules of a range of sports)	Competitive Games (Principles of attacking and defending)	Competitive Games (Principles of attacking and defending)
Summer 1	Athletics (Basic running, jumping and throwing skills) Introduction to racing and competition)	Athletics (Fundamental movement skills - running and jumping)	Athletics (Fundamental movement skills - running and jumping)	Athletics (Exploring athletics – running, jumping and throwing)	Athletics (Exploring athletics – running, jumping and throwing)	Athletics - Fastest, furthest and highest (Achieving personal best)	Athletics - Fastest, furthest and highest (Achieving personal best)
Summer 2	Racket and bat skills (dexterity and striking/batting)	Team Games (competition and cooperation)	Team Games (competition and cooperation)	Summer Games including OAA and problem solving	Summer Games including OAA and problem solving	Summer Games including OAA and problem solving	Summer Games including OAA and problem solving

