Physical Education Curriculum Overview 2022-2023

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