

Old Park Primary School - PE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Fundamental ABC	Games Hands 1	Gymnastics High, Low, Over, Under	Dance Moving to music	Locomotion Walking	Team Games
Reception	Locomotion Walking/jumping	Games Hands 2	Gymnastics Moving	Dance Ourselves	Games Feet	Games Attack vs Defence Games for Understanding
Year 1.1	Games Ball Skills Hands 1 & 2	Games Feet	Gymnastics Body Parts	Dance Growing	Locomotion Running	Games Attack vs Defence Games for Understanding
Year 1.2	Games Ball Skills Hands 1 & 2	Application of Feet skills into games	Water Safety	Health and Wellbeing	Team building	Application of skills in game
Year 2.1	Games Ball Skills Hands 1 & 2	Games Feet	Gymnastics Linking Movements	Dance Explorers	Locomotion Jumping	Games Attack vs Defence Games for Understanding
Year 2.2	Games Ball Skills Hands 1 & 2	Application of Feet skills into game	Water Safety	Health and Wellbeing	Team Building	Application of skills in games

Year 3.1	Swimming 3R Gymnastics - Symmetry & Asymmetry	Swimming 3R Dance Weather	Swimming 3T Gymnastics Symmetry & Asymmetry	Swimming 3T Dance Weather	Swimming 3T (8 weeks) Athletics Throwing, Running, Jumping	Swimming 3R (5 weeks) Games Focus Invasion - Tag Rugby
Year 3.2	Games focus Striking and fielding Cricket	Games Focus Invasion Games Hockey	Water Safety	Games Focus Net and wall Tennis	Outdoor and Adventurous: Problem Solving	Application of Rugby skills in game
Year 4.1	Games Focus Cricket - led by Chance to Shine	Games Invasion Games Rugby	Gymnastics Bridges	Dance Cats	Athletics	Games Invasion Games Netball
Year 4.2	Application of cricket skills into a game.	Application of skills into Rugby Game	Water Safety	Health and Wellbeing Mindfulness	Outdoor and Adventurous: Orienteering	Application of Netball skills in game
Year 5.1	Games Invasion Games Hockey	Games Invasion Games Rugby	Gymnastics Counter balance and counter tension	Dance Greeks	Games Net and Wall Games Tennis	Athletics
Year 5.2	Application of hockey skills in game	Application of rugby skills in game	Water Safety	Health related exercise	Application of Tennis skills in game	Outdoor and Adventurous: Communication and tactics
Year 6.1	Games Invasion Games Rugby	Dance Circus	Gymnastics Matching and mirroring	Games Striking and Fielding Games Cricket Cricket led by Chance to Shine	Invasion Games Netball	Athletics Competition Unit
Year 6.2	Application of Rugby skills	Health related exercise	Water Safety	Application of cricket	Application of Netball	Outdoor and

	in game			skills in game	skills in game	<u>Adventurous:</u> <u>Leadership</u>
--	---------	--	--	----------------	----------------	--