



PE Curriculum Overview

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Reception	Locomotion/ABC's: Walking		Locomotion/ABC's: Jumping		Ball Skills: Hands		Ball Skills: Feet 1		Dance Nursery Rhymes		Gymnastics: High, Low, Over, Under	
Year 1	Locomotion / ABC's: Running	Gymnastics: Wide, Narrow, Curled	Team Building	Gymnastics: Body Parts	Ball Skills: Hands 1	Dance: Growing (links with science)	Ball Skills: Hands	Dance: The Zoo (links with science)	Ball Skills: Hands 2	Health and Wellbeing: Agility, Balance and Co-ordination	Locomotion/ ABC's: Jumping (Athletics skills) 1 session Cricket (Middlesex coaches)	Dance: PV Dinosaurs (links with English and Science)
My Personal Best	<u>Thinking me</u> Curiosity Imagination Concentration				<u>Healthy me</u> Self-belief Honesty Courage				<u>Social me</u> Gratitude Empathy Fairness			
Year 2	Locomotion / ABC's: Dodging	Gymnastics: Linking	Team Building	Gymnastics: Pathways	Ball Skills: Feet	Dance: Water/ weather(yr3) (links with science)	Attack V Defence: Games	Dance: Explorers (links with history)	Locomotion/ ABC's: Jumping (Athletics skills)	Health and Wellbeing: Agility, Balance and Co-ordination	Ball Skills: Hands 1 LTA Tennis coaches	Dance:



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My Personal Best	<u>Thinking me</u> Resourcefulness Reflection				<u>Healthy me</u> Resilience Integrity				<u>Social me</u> Trust Respect			
Year 3	OAA: Communication and tactics	Gymnastics: Symmetry & Asymmetry	Net / Wall: Tennis	Gymnastics: Shapes (current unit)	Invasion: Tag Rugby	Dance: Weather (current unit)	Invasion: Football Wealdstone FC Coaches	Dance: Roald Dahl (current unit)	Athletics	Dance: Witches and Wizards	Striking & Fielding Cricket	Invasion: Dodgeball
My Personal Best	<u>Thinking me</u> Resourcefulness Reflection				<u>Healthy me</u> Resilience Integrity				<u>Social me</u> Trust Respect			
Year 4	OAA: Orienteering	Gymnastics: Travelling (current unit)	Invasion: Football Watford FC coaches	Gymnastics: Bridges	Invasion: Basketball	Dance: Salsa (current unit)	Net / Wall Tennis	Dance: Cats	Athletics	Swimming	Striking & Fielding Rounders	Swimming
My Personal Best	<u>Thinking me</u> Resourcefulness Reflection				<u>Healthy me</u> Resilience Integrity				<u>Social me</u> Trust Respect			



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Year 5	Net/Wall: Tennis	Swimming	Invasion: Tag Rugby comp	Swimming	OAA: Communi- cation and tactics	Swimming	Athletics	Swimming	Invasion: Football PV Barnet football club coaches	Dance: Street Dance PV (if other topic)	Athletics comp	Gymnastic s: Balance and Tension
My Personal Best	<u>Thinking me</u> Evaluation Problem solving Decision making				<u>Healthy me</u> Self-motivation Self-discipline Responsibility				<u>Social me</u> Communication Encouragement Co-operation			
Year 6	Invasion: Football Competitio n	Dance: Year 5 unit Greeks (links with topic)	Net / Wall Badminto n	Gymnastic s: Matching & Mirroring	OAA: Problem solving (3 weeks)	Dance: Year 4 unit WW2 (links with English) (3 weeks) Dance festival	Invasion: Basketball (3 weeks)	Gymnastic s: Matching and mirroring continued (3 weeks)	Athletics comp	Health Related Exercise	Striking & Fielding Rounders /1 session Cricket (Middlesex coaches)	Gymnastic s:
My Personal Best	<u>Thinking me</u> Evaluation Problem solving Decision making				<u>Healthy me</u> Self motivation Self-discipline Responsibility				<u>Social me</u> Communication Encouragement Co-operation			



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