

PE Overview (EYFS dictated by topic)

Term Year Group	Au 1 (outdoor)	Au 2 (indoor)	Sp 1 (indoor)	Sp 2 (indoor)	Su 1 (outdoor)	Su 2 (outdoor)
Reception	Gross Motor Skills	Gymnastics	Dance	Sending and Receiving	Spatial Awareness	Fundamentals
Year 1	Gross Motor Skills	Dance	Gymnastics	Sending and Receiving	Spatial Awareness	Fundamentals
Year 2	Gross Motor Skills	Gymnastics/Dance	Dance/Gymnastics	Sending and Receiving	Spatial Awareness	Fundamentals
Year 3	Football	Gymnastics	Dance	Fitness	Tennis	Orienteering and Athletics
Year 4*	Netball	Gymnastics	Dance	Fitness	Tennis	Orienteering and Athletics
Year 5	Basketball	Dance	Gymnastics	Fitness	Rounders	Orienteering and Athletics
Year 6	Tag Rugby	Dance/Gymnastics	Gymnastics/Dance	Fitness	Cricket	Orienteering and Athletics

*Year 4 also complete the swimming component of the NC.

**Circuit training has been added to place greater emphasis in KS2 on personal fitness, core strength, balance, flexibility, and control – in line with curriculum objectives across both Key Stages.

***Focus on transition to KS2 and more structured team sports.

KS1 Curriculum Summary

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

KS2 Curriculum Summary

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.