



# Physical Education Overview



## Reception Curriculum Map for Physical Education

	Term 1 (1)	Term 1 (2)	Term 2 (3)	Term 2 (4)	Term 3 (5)	Term 3 (6)
<b>Time</b>						
<b>Year R</b>	Dance (linked to topic)	Gymnastics	Multi-skills	Dance (linked to topic)	Gymnastics	Games (Ball skills – rolling, control)
	Dance (linked to topic)	Gymnastics	Multi-skills	Dance (linked to topic)	Gymnastics	Games

## Key Stage 1 Curriculum Map for Physical Education

	Term 1 (1)	Term 1 (2)	Term 2 (3)	Term 2 (4)	Term 3 (5)	Term 3 (6)
<b>Time</b>						
<b>Year 1</b>	Gymnastics (Travelling and balance)	Dance	Indoor Athletics	Games (Target/Aiming games)	Games (Balancing, carrying, aiming, throwing using bean bags and balls)	Athletics
	Multi-skills	Multi-skills	Dance	Gymnastics (Stretching and curling)	Games (Invasion games skills – dribbling, kicking, bouncing)	Games (Team games)
<b>Year 2</b>	Games (Throwing and catching)	Dance	Gymnastics (High and Low)	Gymnastics (Pathways)	Games (Dribbling, kicking and hitting)	Swimming
	Multi-skills	Multi-skills	Indoor Athletics	Dance	Games (Team games)	Athletics

Long Term Curriculum Map for Physical Education						
Time	Term 1 (1)	Term 1 (2)	Term 2 (3)	Term 2 (4)	Term 3 (5)	Term 3 (6)
Year 3	<i>Invasion Games (Ball skills)</i>	<i>Gymnastics (Stretching, curling and arching)</i>	Dance	<i>Athletics</i>	Games (Invasion Games)	Striking and Fielding Games (Catching and throwing focus)
	Dance	Gymnastics (Symmetry)	Games (Creative games making and multi-skills)	Swimming	Athletics	Striking and Fielding Games (Catching and throwing focus)
Year 4	<i>Net/Court/Wall Games (Racquet skills)</i>	Dance	Swimming	Games (Team games)	Athletics	Striking and Fielding Games (Rounders and Cricket)
	Dance	Gymnastics (Balance)	Games (Creative games making and multi-skills)	Gymnastics Rolling and change of direction)	<i>Invasion Games (Netball and Hockey)</i>	Athletics
Year 5	<i>Invasion Games (Netball and Hockey)</i>	Dance	<i>Dance</i>	<i>Net/Court/Wall Games (Tennis)</i>	Athletics	Striking and Fielding Games (Rounders and Cricket)
	Swimming	<i>Gymnastics (Bridges)</i>	Gymnastics (Flight)	Athletics	Outdoor and Adventurous (Including Residential trip)	Striking and Fielding Games (Rounders and Cricket)
Year 6	<i>Invasion Games (Netball and Hockey)</i>	<i>Swimming</i>	<i>Dance</i>	Net Games (Tennis)	Striking and Fielding Games (Rounders and Cricket)	Striking and Fielding Games (Rounders and Cricket)
	<i>Invasion Games (Netball and Hockey)</i>	<i>Gymnastics (Matching and mirroring)</i>	Gymnastics (Synchronisation and Canon)	Dance	Outdoor and Adventurous (Orienteering)	Athletics

**Other enrichment opportunities with specialist coaches will also be arranged for classes as the year progresses e.g Aston Villa Football coaching, Jane Sixsmith hockey coaching.**

**Each half-term to be ended with an inter-house competition based on one of the units taught .**