


Curriculum Overview – Physical Development/ PE

Strand 1 – Gymnastics	
Strand 2 – Dance	
Strand 3 – Games	
Strand 4 – Invasion Games (Follows on from KS1 Games strand)	
Strand 5 – Racquet Games (Follows on from KS1 Games strand)	
Strand 6 – Athletics	
Strand 7 – Outdoor and Adventure	
Strand 8 Embedded – Healthy bodies (warming up, cooling down and exercise)	
Strand 9 Embedded – Functional skills dressing and undressing	

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Yr 1	GYMNASTICS Using equipment safely (unit 1)	DANCE Responding to music (unit 1)	GAMES (Invasion Games) Initial Ball Skills	GYMNASTICS Using equipment safely (unit 2)	DANCE Moving in different ways (unit 1)	GAMES AND ATHLETICS On your marks, Get set, Go!
Yr 2	GYMNASTICS Ways of moving-balances/ and jumps	DANCE Responding to a range of music (unit 2)	GAMES (Invasion Games) Ball Skills – Passing a ball	GYMNASTICS Ways of moving-balances and jumps with equipment	DANCE Moving in different ways (unit 2)	GAMES AND ATHLETICS Crossing the finish line
Yr 3	INVASION GAMES Travelling with a ball	DANCE Imitating some actions/ dance moves	GYMNASTICS Sequencing movements	OUTDOOR AND ADVENTURE Playground games	RACQUET GAMES Holding a racquet	ATHLETICS Running, jumping and throwing
Yr 4	INVASION GAMES Travelling with and passing a ball	DANCE Dancing individually, in partners or in a group	GYMNASTICS Ways of moving – balances, rolls and jumps	OUTDOOR AND ADVENTURE Tri-O, Early Orienteering	RACQUET GAMES Moving a Ball with a racquet	ATHLETICS Teamwork
Yr 5	INVASION GAMES Team games	DANCE Dancing and performing to different styles of music (unit 1)	GYMNASTICS Sequencing and performing (unit 1)	OUTDOOR AND ADVENTURE Control Points	RACQUET GAMES Hand-eye co-ordination	ATHLETICS Combining Athletic Skills
Yr 6	INVASION GAMES Team games	DANCE Dancing and performing to different styles of music (unit 2)	GYMNASTICS Sequencing and performing (unit 2)	OUTDOOR AND ADVENTURE Orienteering and Map Work	RACQUET GAMES Keeping Score	ATHLETICS Manor-athlon – Enjoying competition

