



Christ the Sower Ecumenical Primary School
PE CURRICULUM OVERVIEW
2023-2024

| Year/Term | Autumn 1 | | Autumn 2 | | Spring 1 | | Spring 2 | | Summer 1 | | Summer 2 | |
|-----------|------------------------------------|--------------------------|------------------------------------|------------------------------------|-----------------------|----------------------------------|------------------------|--|-------------------------|---|-------------------------|----------------------|
| Nursery | Fundamentals/Locomotion Walking | | Fundamentals/Locomotion Jumping | | Ball Skills Hands | | Ball Skills Feet | | Dance Nursery Rhymes | | Gym Moving | |
| Reception | Fundamentals Walking | Fundamentals Jumping | Ball Skills Hands 1 | Ball Skills Feet 1 | Dance Ourselves | Gymnastics Moving | Dance Dinosaurs | Gymnastics High, Low, Over, Under | Ball Skills Hands 2 | Ball Skills Rackets, Bats, Balls, Balloons | Games for Understanding | |
| Year 1 | Fundamentals Running | Gymnastics Body Parts | Ball Skills Hands 1 | Gymnastics Wide, Narrow, Curled | Ball Skills Feet 1 | Dance The Zoo | Ball Skills Hands 2 | Ball Skills Rackets, Bats, Balls | Fundamentals Jumping | Team Building | Games for Understanding | Health & Wellbeing |
| Year 2 | Fundamentals Dodging | Gymnastics Linking | Ball Skills Hands 1 | Gymnastics Pathways | Ball Skills Feet 1 | Dance Mr Candys Sweet Factory | Ball Skills Hands 2 | Ball Skills Rackets, Bats and Balls | Fundamentals Jumping | Team Building | Games for Understanding | Health and Wellbeing |



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|---------------|--------------------------------|---|------------------------------|-------------------------------------|-----------------------------|-------------------------------------|-------------------------------|--------------------------------|------------------------------|---------------------------------|--|----------------------------------|
| Year 3 | Games (Invasion) Netball | Gymnastics Symmetry & Asymmetry | Games (Invasion) Football | Health and Wellbeing Mindfulness | Games (Target) Boccia | Dance Witches & Wizards | Games (Invasion) Tag Rugby | OAA Problem Solving | Games (Net & Wall) Tennis | Athletics Throwing & Jumping | Games (Striking & Fielding) Cricket | Athletics Running/Competition |
| Year 4 | Games (Invasion) Basketball | Swimming | Games (Invasion) Handball | Swimming | Games (Target) Dodgeball | Dance Space | Games (Invasion) Hockey | OAA Communication & Tactics | Games (Net & Wall) Tennis | Athletics Throwing & Jumping | Games (Striking & Fielding) Roulers | Athletics Running/Competition |
| Year 5 | Games (Invasion) Netball | Gymnastics Counter Balance & Counter Tension | Games (Invasion) Football | Games (Net & Wall) Badminton | Games (Target) Boccia | Dance Street Art | Games (Invasion) Tag Rugby | OAA Orienteering | Games (Net & Wall) Tennis | Athletics Throwing & Jumping | Games (Striking & Fielding) Cricket | Athletics Running/Competition |
| Year 6 | Games (Invasion) Basketball | Gymnastics Matching & Mirroring | Games (Invasion) Handball | Games (Net & Wall) Badminton | Games (Target) Dodgeball | Dance Prejudice & Discrimination | Games (Invasion) Hockey | OAA Leadership | Games (Net & Wall) Tennis | Athletics Throwing & Jumping | Games (Striking & Fielding) Roulers | Athletics |

**** Year 6 Swimming – 1 Class Spring Term, 1 Class Summer Term ****