


PE & Sport Curriculum

Long Term Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Dance - Nursery Rhymes Stability 1 <i>Career link: Choreographer</i>	Locomotion 1 Yoga <i>Career link: Wellness Instructor</i>	Fine Motor skills Dance - Jungle <i>Career link: Choreographer</i>	Target Games 1 Dance – Circus <i>Career link: Choreographer</i>	Gymnastics - Parts high & parts low Dance – Toys <i>Career link: Choreographer</i>	Gymnastics - Travelling, stopping, making shapes Dance – Seasons <i>Career link: Choreographer</i>
Reception	Locomotion 2 Yoga <i>Career link: Wellness Instructor</i>	Fine Motor skills Object manipulation 1 <i>Career link: Occupational Therapist</i>	Net & Wall Game Skills 1 Fundamental Movement Skills 1 <i>Career link: Tennis Coach</i>	Striking & Fielding Game Skills 1 Stability 2 (static and dynamic balance) <i>Career link: Physiotherapist</i>	Athletics 1 Invasion Game Skills 1 <i>Career link: Track and Field Athlete</i>	Dance – Seasons Target Games 1 <i>Career link: Choreographer</i>
Year 1	Fundamental Movement Skills 2 Gymnastics - Balancing & spinning on Points & Patches <i>Career link: Gymnastics Coach</i>	Fundamental Movement Skills 3 Gymnastics - Pathways - small & long <i>Career link: Gymnastics Coach</i>	Yoga Storybook Net & Wall Game Skills 1 <i>Career link: Wellness Instructor</i>	Invasion Game Skills 1 Invasion Game Skills 2 <i>Career link: Football Coach</i>	Athletics 2 Striking & Fielding Game Skills 2 <i>Career link: Cricket Coach</i>	Target Games 2 Dance - Fire of London <i>Career link: Choreographer</i>
Year 2	Gymnastics - Pathways: straight, zipzag & curving Invasion Game Skills 2 <i>Career link: Gymnastics Coach</i>	Gymnastics - Spinning, turning & twisting Dance – Animals <i>Career link: Choreographer</i>	Tri Golf Yoga <i>Career link: Wellness Instructor</i>	Gymnastics - Stretching, curling & arching Striking & Field Game Skills 2 <i>Career link: Gymnastics Coach</i>	Athletics 2 Net & Wall Game Skills 2 <i>Career link: Tennis Coach</i>	Target Games 3 Dance – Pirates <i>Career link: Choreographer</i>

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Year 3	Gymnastics - Linking movements together	Dance - Dance Around the World	Dodgeball	OAA	Athletics	Tri Golf
	Football <i>Career link: Gymnastics Coach</i>	Gymnastics - Receiving body weight <i>Career link: Choreographer</i>	Gymnastics - Symmetry & asymmetry (partners) <i>Career link: Gymnastics Coach</i>	Rounders <i>Career link: Outdoor Adventure Leader</i>	Tennis <i>Career link: Track and Field Athlete</i>	Cricket <i>Career link: Golf Instructor</i>
Year 4	Netball	Dance – Greeks	Gymnastics - Rolling & travelling low	Swimming	Swimming	Swimming
	Gymnastics – Arching and bridges <i>Career link: Gymnastics Coach</i>	Gymnastics - Partner work - Pushing and pulling <i>Career link: Choreographer</i>	Tag Rugby <i>Career link: Gymnastics Coach</i>	<i>Career link: Swimming Instructor</i>	<i>Career link: Swimming Instructor</i>	OAA <i>Career link: Outdoor Adventure Leader</i>
Year 5	Basketball	Dance – The Haka	Lacrosse	Team Building and Problem Solving	Athletics 5	Ultimate Frisbee
	Gymnastics – Matching, Mirror and Contrast <i>Career link: Gymnastics Coach</i>	Gymnastics – Partner Work – Under and Over <i>Career link: Choreographer</i>	<i>Career link: Sports Development Officer</i>	<i>Career link: Outdoor Education Instructor</i>	<i>Career link: Track and Field Athlete</i>	<i>Career link: Recreational Sports Facilitator</i>
Year 6	Invasion Games Skills 4	Dance – Dance through the ages	Basketball	Handball	Athletics 6	Football
	Gymnastics - Flight <i>Career link: Gymnastics Coach</i>	Gymnastics – Group Sequencing <i>Career link: Choreographer</i>	Leadership <i>Career link: Basketball Coach</i>	Hockey <i>Career link: Hockey Coach</i>	Dodgeball <i>Career link: Track and Field Athlete</i>	OAA <i>Career link: Professional Footballer</i>