

PE & Sport Curriculum

2023/24

Long Term Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Dance - Nursery Rhymes Stability 1	Locomotion 1 Yoga	Fine Motor skills Dance - Jungle	Target Games 1 Dance - Circus	Gymnastics - Parts high & parts low Dance - Toys	Gymnastics - Travelling, stopping, making shapes Dance - Seasons
Reception	Locomotion 2 Yoga	Fine Motor skills Object manipulation 1	Net & Wall Game Skills 1 Fundamental Movement Skills 1	Striking & Fielding Game Skills 1 Stability 2 (static and dynamic balance)	Athletics 1 Invasion Game Skills 1	Dance - Seasons Target Games 1
Year 1	Fundamental Movement Skills 2 Gymnastics - Balancing & spinning on Points & Patches	Fundamental Movement Skills 3 Gymnastics - Pathways - small & long	Yoga Storybook Net & Wall Game Skills 1	Invasion Game Skills 1 Gymnastics - Wide, narrow & curled rolling & balancing	Athletics 2 Striking & Fielding Game Skills 1	Target Games 2 Dance - Fire of London
Year 2	Gymnastics - Pathways: straight, zipzag & curving Invasion Game Skills 2	Gymnastics - Spinning, turning & twisting Dance - Animals	Tri Golf Yoga	Gymnastics - Stretching, curling & arching Striking & Field Game Skills 2	Athletics 2 Net & Wall Game Skills 2	Target Games 3 Dance - Pirates
Year 3	Gymnastics - Linking movements together Football	Dance - Dance Around the World Gymnastics - Receiving body weight	Dodgeball Gymnastics - Symmetry & asymmetry (partners)	OAA Rounders	Athletics Tennis	Tri Golf Cricket
Year 4	Netball Gymnastics - Arching and bridges	Dance - Greeks Gymnastics - Partner work - Pushing and pulling	Gymnastics - Rolling & travelling low Tag Rugby	Swimming Hockey	Swimming Athletics	Swimming OAA

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Year 5	Basketball Gymnastics – Matching, Mirror and Contrast	Dance – The Haka Gymnastics – Partner Work – Under and Over	Lacrosse Gymnastics – Synchronisation & Canon	Team Building and Problem Solving Swimming	Tag Rugby with Sale Sharks Swimming	OAA Swimming
Year 6	Invasion Games Skills 4 Gymnastics - Flight	Dance – Dance through the ages Gymnastics – Group Sequencing	Basketball Leadership	Handball Hockey	Tag Rugby with Sale Sharks Dodgeball	Football OAA