

# P.E. Curriculum Overview – Whole School

## 2024 - 2025



|   | Autumn 1  | Autumn 2  | Spring 1  | Spring 2   | Summer 1  | Summer 2  |
|---|---|---|---|--|---|---|
| EYFS  | <b>Apparatus</b>  | <b>Apparatus</b>  | <b>Dance</b>  | <b>Multi-skills</b>  | <b>Team work Games</b>  | <b>Ball Skills</b><br><b>Sports Day prep</b>  |
| <b>Daily breaks- use of trikes and other equipment to develop movements and Gross Motor Skills.</b> |   |   |   |  |   |   |
| Year 1  | <b>Inside</b> – Gymnastics – Body shapes and balancing<br><br><b>Outside</b> – playground games | <b>Inside</b> – multi-skills<br><br><b>Outside</b> – Team games       | <b>Inside</b> – Dance – Party dances e.g. Macarena<br><br><b>Outside</b> – Multi-skills | <b>Inside</b> – Dance – continuation and movement patterns.<br><br><b>Outside</b> – Health and Fitness | <b>Outside for all</b> – Fielding and striking skills<br><br>Multi-skills (Soke multi-skills event) | <b>Outside for all</b> – Athletics (throwing and track events)<br><br>Sports Day Prep |
| Year 2  | <b>Inside</b> – Gymnastics climbing apparatus<br><br><b>Outside</b> – Multi-skills              | <b>Inside</b> – Dance (Soke event)<br><br><b>Outside</b> – Tag Rugby  | <b>Inside</b> – Boccia<br><br><b>Outside</b> – Health and Fitness                       | <b>Inside</b> – Dance – Cha Cha, including adding Motifs<br><br><b>Outside</b> – Frisbee               | <b>Outside for all</b> - Athletics (throwing and track events)<br><br>Sports day prep               | <b>Outside for all</b> - Cricket<br><br>Football                                      |
| Year 3  | <b>Inside</b> – Gymnastics<br><br><b>Outside</b> – Mutli-skills                                 | <b>Inside</b> – Dance – Zumba<br><br><b>Outside</b> - Hockey          | <b>Inside</b> – Health and Fitness<br><br><b>Outside</b> – Tag Rugby                    | <b>Inside</b> – Dance Charleston<br><br><b>Outside</b> - Tennis  | <b>Outside for all</b> – Football<br><br>OAA (Soke Event)   | <b>Outside for all</b> – Cricket<br><br>Athletics / Sports Day prep                   |
| Year 4  | <b>Indoor</b> – Boccia<br><br><b>Outside</b> – Netball  | <b>Indoor</b> – Gymnastics<br><br><b>Outside</b> - Health and Fitness | <b>Indoor</b> – dance (hand jive)<br><br><b>Outside</b> - Touch Rugby (Soke Event)      | <b>Indoor</b> – Dance – Jazz<br><br><b>Outside</b> - Tennis  | <b>Indoor</b> - Swimming<br><br><b>Outside</b> – Rounders   | <b>Indoor</b> -Swimming<br><br><b>Outside</b> - Athletics / sports day (soke event)   |
| <b>Order subject to change – swimming dependent.</b>  |   |   |   |  |   |   |

|        |   |   |  |  |  |   |
|--------|---|---|--|--|--|---|
| Year 5 | <b>Indoor</b> – Dance - Disco<br><br><b>Outside</b> – O.A.A   | <b>Indoor</b> – Gymnastics<br><br><b>Outside</b> – Health and Fitness | <b>Indoor</b> – Table Tennis (Soke Event)<br><br><b>Outside</b> – Touch Rugby (Soke Event) | <b>Indoor</b> – Dance – Capoeira<br><br><b>Outside</b> - Dodgeball | <b>Outside for all</b> – Athletics / sports day prep (Soke event)<br><br>Rounders (soke event) | <b>Outside for all</b> – Handball<br><br>Ultimate Frisbee |
| Year 6 | <b>Indoor</b> – Health and Fitness – Using Speed Stacks<br><br><b>Outside</b> – Hockey - Wooden sticks (SOKE Event) | <b>Indoor</b> – Dance – Modern<br><br><b>Outside</b> - Basketball     | <b>Indoor</b> – Gymnastics<br><br><b>Outside</b> - OAA                                     | <b>Indoor</b> – Dance - Street<br><br><b>Outside</b> - Tennis      | <b>Outside for all</b> – Athletics / Sport day prep (Soke event)<br><br>Rounders (Soke event)  | <b>Outside for all</b> – Cricket<br><br>Volleyball        |