

Curriculum Overview 2022/23

	Autumn 1.1	Autumn 1.2	Spring 2.1	Spring 2.2	Summer 3.1	Summer 3.2
EYFS	REAL PE Core skills Personal/Social focus	REAL PE Core skills Personal/Social focus	REAL PE Core skills Personal/Social focus	REAL PE Core skills Personal/Social focus	REAL PE Core skills Personal/Social focus	REAL PE Core skills Personal/Social focus
Year 1	Multi-skills (ABCs) Travelling in different ways	Dance Linking movements	Game skills Using Hands	Team games uni hoc Competition against self	Team Games cricket Sending / Attacking	Run, Jump, Throw Athletics Technique
Year 2	Multi-skills (ABCs) Travelling at speed	Dance Moving rhythmically	Game skills Using feet	Team games uni hoc Attack and defense	Team Games cricket Receiving/ Defending	Run, Jump, Throw Athletics Measure and record
Year 3	Ball skills Invasion games keeping possession	Dance Dance composition	OAA Problem Solving/Team building	Athletics Run, Jump, Throw Compare own time and distances	Swimming	Swimming
Year 4	Ball skills Invasion games Team work	Dance Expression	OAA Orienteering	Athletics Run, Jump, Throw Compete against others	Swimming	Swimming
Year 5	Swimming	Swimming	Ball skills Invasion games	Gymnastics	Competitive games	Athletics

			Basketball Aiming and dodging	Individual work - balance	Tennis Individual skills	Run, Jump, Throw Peer analysis
Year 6	Swimming	Swimming	Ball skills (Throwing and catching) Refereeing/Umpiring	Gymnastics Group work	Competitive games Tennis Competition against others	Athletics Run, Jump, Throw Analyse own performance

Suggested activity.