



# Physical Education Curriculum 2023-24



Nursery	+	Dance - Nursery Rhymes	Gymnastics - Parts High & Parts Low	Stability 1	Locomotion 1	Fine Motor skills
Reception	Fine Motor skills	Dance - Jungle	Gymnastics - Flight - Bouncing, Jumping & Landing	Fundamental Movement Skills 1	Locomotion 1	Athletics 1
Year One	Dance - Animals	Invasion Game Skills 1	Target Games 2	Net & Wall Game Skills 1	Locomotion 2	Striking & Fielding Game Skills 1
	Fundamental Movement Skills 1	Fundamental Movement Skills 2	Gymnastics - Wide, narrow & curled rolling & balancing	Yoga	Athletics 2	Invasion Game Skills 1
Year Two	Fundamental Movement Skills 2	Fundamental Movement Skills 3	Target Games 3	Yoga	Athletics 2	Striking & Field Game Skills 2
	Dance - Mini Beasts	Invasion Game Skills 2	Gymnastics - Stretching, curling & arching	Net & Wall Game Skills 2	Tri Golf	Invasion Game Skills 2
Year Three	Sportshall Athletics	Hockey	Tag Rugby	Football	Cricket	Tennis
	Dance - Dance Around the World	Basketball	Gymnastics - Symmetry & asymmetry (partners)	Netball	Athletics	Rounders
Year Four	Sportshall Athletics	Hockey	Gymnastics - Partner work - Pushing and pulling	Football	Cricket	Rounders
	Dance - Dance Around the World	Basketball	Tag Rugby	Netball	Athletics	Tennis
Year Five	Sportshall Athletics	Hockey	Tag Rugby	Football	Athletics	Rounders
	Dance - Dance through the ages	Basketball	Gymnastics - Matching, mirroring & contrast	Netball	Cricket	Tennis
Year Six	Dance - The Haka	Basketball	Tag Rugby	Football	Athletics	Rounders
	Sportshall Athletics	Hockey	Gymnastics - Counter-balance & counter tension	Netball	Cricket	Tennis