



PE Curriculum Overview 2024-2025

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec (Wed AM)	Ball Skills/ Write Dance	Bikes	Dance/ Playground Games	Gymnastics/ Yoga and Movement	Athletics	Athletics/Bikes/ Climbing Apparatus
Year 1 (Tues & Wed)	Fundamentals	Gymnastics	Dance/ Fitness (Assault Course)	OAA	Hit Catch Run (Cricket)	Hit Catch Run (Rounders)
	Send and Return (Throw and Catch)	Send and Return (Net games)	Target Games/ Dodgeball	Multi-Skills	Athletics (Run, jump, throw)	Attack Defend Shoot (Football/Netball)
Year 2 (Tues & Wed)	Fundamentals	Gymnastics	Dance/ Fitness (Assault Course)	OAA	Hit Catch Run (Cricket)	Hit Catch Run (Rounders)
	Send and Return (Throw and Catch)	Send and Return (Net games)	Target Games/ Dodgeball	Multi-Skills	Athletics (Run, jump, throw)	Attack Defend Shoot (Football/Netball)
Year 3 (Mon & Thur)	Invasion (Netball/Football)	Gymnastics/ Dodgeball	Dance/Boccia	OAA	Athletics (Long jump, 100m, 400m, howlers)	Striking and fielding (Rounders)
	Swimming	Swimming	Swimming	Invasion (Hockey)	Striking and fielding (Cricket)	Net and Wall (Badminton/Tennis)
Year 4 (Mon & Thur)	Invasion (Netball/Football)	Gymnastics/ Dodgeball	Dance/Boccia	OAA	Athletics (Long jump, 100m, 400m, howlers)	Striking and fielding (Rounders)
	Swimming	Swimming	Swimming	Invasion (Hockey)	Striking and fielding (Cricket)	Net and Wall (Badminton/Tennis)