

## PE Curriculum - Yearly Overview

	Autumn 1 (7 weeks)	Autumn 2 (8 weeks)	Spring 1 (5 weeks)	Spring 2 (6 weeks)	Summer 1 (6 weeks)	Summer 2 (7 weeks)
FS2 Ages 4-5	Iexercise Animal Explorers  core strength and balance	Imove Off to the Zoo  locomotion, travelling and agility	Ipractise Pirate Adventure  coordination and dynamic balance	Icommunicate Fun at the Circus  agility, object control, core strength and balance	Ithink Dino Movers  object control	Icreate Space Cadets  locomotion and object control
Year 1 Ages 5-6	Iexercise Jungle  core strength and balance	Imove Pirates  locomotion, travelling and agility	Ipractise Machines  Agility	Icommunicate Playtime  Agility, Object control, Core strength & balance	Ithink Funfair  Co-ordination	Icreate Wild West  Locomotion, Travelling & Agility
	Gymnastics		Dance		Pilates/Yoga	
Year 2 Ages 6-7	Iexercise Workout World  Core strength & balance	Imove Combat Zone  Locomotion, Travelling & Agility, Strength and balance	Ipractise Sporting Best  Agility	Icommunicate Ball Crazy  Object control	Icreate Skill Showdown  Coordination	Ithink Game Changers  Balance and agility
	Gymnastics		Dance		Pilates	
Year 3 Ages 7-8	Imove Agility & Fitness  (jogging, running, jumping and landing)	Ipractise Coordination, strength & balance  (controlling equipment, movement & evasion, hand-eye coordination and gameplay positioning)	Icommunicate Coordination, strength & balance  (pass & catch, passing & intercepting and counter balance)	Icreate locomotion, strength & balance  (moving with control, core strength & balance and balancing with equipment)	Ithink Coordination/manipulation, strength & balance  (ball catching, ball blocking & avoiding, strength & balance and seated balance)	Iexercise Strength & balance, agility & fitness  (low beam balance, catch on a low beam, equipment tracking and speed & accuracy)
	Football		Gymnastics		Outdoor and Adventurous Activities	
Year 4 Ages 8-9	Imove Coordination, agility & fitness  (evasion, effective movement, controlled slalom & footwork patterns)	Ipractise Coordination/manipulation, strength & balance  (controlling equipment, movement & direction and control & balance)	Icommunicate Coordination, strength and teamwork  (cheerdance & balance, pass & catch, and passing & intercepting)	Icreate Locomotion, strength & balance  (balancing with equipment, strength & balance and control, dexterity & balance)	Ithink Agility & fitness, strength & balance  (balance & control, equipment & apparatus, strength & balance and seated balance)	Iexercise Agility & fitness, strength & balance  (jumping & landing, and bootcamp fitness).

	Football		Dance/Hip Hop		Swimming	
Year 5 Ages 9-10	Ipractise Coordination, agility & fitness  (anticipating moves, catching & passing, and moving with equipment)	Icommunicate Locomotion, strength & balance  (maintaining balance, controlling equipment, strength & flexibility and linking movements)	Icreate Coordination/manipulation, strength & balance  (passing & moving, strength & balance and seated balance)	Ithink Coordination, strength & balance  (changing directions, quick & light movements, one leg balance, and strength & balance)	Iexercise Strength & balance  (core strength & balance/posture and bootcamp fitness)	Imove Agility & fitness  (predicting movements, bounce & catch, jumping for distance and jumping patterns)
	Outdoor and Adventurous Activities		Netball		Outdoor Athletics	
Year 6 Ages 10- 11	Ipractise Coordination, agility & fitness  (Predicting movements, changing direction, passing accuracy and quicker & faster)	Icommunicate Coordination/manipulation, strength & balance  (control & coordination, adaptation, strength & flexibility and linking movements)	Icreate Strength & balance  (strength & balance, seated balance, utilise space and efficient movement)	Ithink Coordination, strength & balance  (one leg balance, strength & balance, footwork patterns and changing direction)	Iexercise Agility & fitness, strength & balance  (passing on the move, pass & catch and bootcamp fitness)	Imove Locomotion, agility & fitness  (jumping & landing, jumping stations, low beam balance and balance with equipment)
	Basketball		Dance/Cheerleading		Outdoor Athletics	

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