

**Physical Education Curriculum Overview**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
	<b>Fitness</b>	<b>Team Building</b>	<b>Movement</b>	<b>Ball Skills</b>	<b>Attacking and Defending</b>	<b>Athletics</b>
<b>Year 1</b>	Running short distance	Orienteering in a small team	Dance and yoga Gymnastics	Throwing, catching and kicking	Scoring points	Sprint, throwing and jumping
<b>Year 2</b>	Running over time	Orienteering in a larger team	Dance and yoga Gymnastics	Throwing, catching and kicking towards a target	Aiming and scoring	Sprint and distance running, throwing over a distance, jumping from standing
<b>Year 3</b>	Cross Country	Orienteering – assigned jobs Dodgeball	Dance Zumba	Quick cricket Foot control	Tag rugby and football	Sprint and relay, foam javelin, jumping (mini hurdles, from a run)
<b>Year 4</b>	Cross Country	Orienteering – using a map Bench Ball	Dance	Tri-golf Chest and bounce pass	Learn: Handball Apply: Basketball	Sprint, relay, distance running, shot put, jumping (hurdles and long jump)
<b>Year 5</b>	Cross Country	Orienteering – timed Handball	Dance	Hockey Football	Learn: Tag rugby Apply: Football and Hockey	Sprint, relay, distance running, discus, jumping (hurdles and triple jump)
<b>Year 6</b>	Cross Country	Orienteering - competitively Basketball and Netball	Dance	Rounders	Learn: Handball and tag rugby Apply: Hockey	Sprint, relay, distance running, shot put, discus, javelin, jumping (hurdles, long and triple jump)