

St Michael's CE Primary School

PE Curriculum Overview



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Me and Myself	Movement and development	Throwing and catching	Ball skills	Fun and games	Working with others
Year 1 & 2 Cycle A	Invasion Games Football and Handball	Gymnastics (types of travel), Fitness (Keeping healthy) and Dance (Rhythm, timing)	Dance (Rhythm, timing), Gymnastics (types of travel),	Invasion Games Hockey and Rugby	Net and Wall Games Badminton and Tennis	Striking and Field Games & Athletics Cricket/ Scatter ball & Running/ Throwing
Year 1 & 2 Cycle B	Invasion Games Hockey and Rugby	Gymnastics (types of travel), Fitness (Keeping healthy) and Dance (Rhythm, timing)	Dance (Rhythm, timing), Gymnastics (types of travel),	Invasion Games Football and Handball	Net and Wall Games Volleyball and Danish Long Ball	Striking and Field Games & Athletics Rounders/ Mini-golf & Jumping/ Throwing
Year 3 & 4 Cycle A	Invasion Games Football and Handball	Gymnastics (types of travel), Fitness (Keeping healthy) and Dance (Rhythm, timing)	Dance (Rhythm, timing), Gymnastics (types of travel),	Invasion Games Hockey and Rugby	Net and Wall Games Badminton and Tennis	Striking and Field Games & Athletics Cricket/ Scatter ball & Running/ Throwing
Year 3 & 4 Cycle B	Invasion Games Hockey and Rugby	Gymnastics (types of travel), Fitness (Keeping healthy) and Dance (Rhythm, timing)	Dance (Rhythm, timing), Gymnastics (types of travel),	Invasion Games Football and Handball	Volleyball and Danish Long Ball	Striking and Field Games & Athletics Rounders/ Mini-golf & Jumping/ Throwing
Year 5 & 6 Cycle A	Invasion Games Football and Handball	Gymnastics (types of travel), Fitness (Keeping healthy) and Dance (Rhythm, timing)	Dance (Rhythm, timing), Gymnastics (types of travel),	Invasion Games Hockey and Rugby	Net and Wall Games Badminton and Tennis	Striking and Field Games & Athletics Cricket/ Scatter ball & Running/ Throwing
Year 5 & 6 Cycle B	Invasion Games Hockey and Rugby	Gymnastics and Fitness	Dance (Rhythm, timing), Gymnastics (types of travel),	Invasion Games Football and Handball	Volleyball and Danish Long Ball	Striking and Field Games & Athletics Rounders/ Mini-golf & Jumping/ Throwing