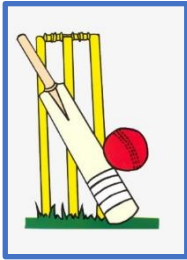


Our Physical Education Curriculum



Striking and fielding
Athletics (pace/power)
Dance (creating/performing)
Invasion games (refereeing)
Gymnastics (body positioning)
Tag Rugby
Fitness circuits (endurance)

Year 6



Year 5

Fitness circuits (mastering technique)
Tag Rugby
Gymnastics (refining technique)
Healthy Lifestyle
Dance (sequences)
Invasion games
Athletics (triple jump)
Striking and fielding



Year 3

Striking and fielding
Athletics (vertical jump)
Dance (following routines)
Invasion games
Fitness
Swimming
Ball skills (shooting, dribbling, passing)
Gymnastics (developing routines)
Tag Rugby
Fitness circuits (building stamina)

Year 4



Fitness circuits
Tag Rugby
Gymnastics (simple routines)
Rules, strategies & tactics
Invasion games
Dance (pairs & groups)
Athletics (speed/agility)
Striking and fielding



Striking and fielding
Athletics
Invasion games
Dance (follow & repeat)
Healthy Participation
Gymnastics (shape, rolls & balance)
Ball skills
Team building games

Year 2



Striking and fielding
Athletics
Invasion games
Dance (individual)
Motor Competence
Gymnastics (shape & rolls)
Ball skills
Multi-Skills

Year 1



Fine Motor Skills
Balancing
Circle Games
Ball skills
Multi-Skills
Fundamental Movement Skills
Gross Motor Skills

EYFS