



Christ the Sower Ecumenical Primary School
PE CURRICULUM OVERVIEW
2023-2024

Year/Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Nursery	Fundamentals/Locomotion Walking		Fundamentals/Locomotion Jumping		Ball Skills Hands		Ball Skills Feet		Dance Nursery Rhymes		Gym Moving	
Reception	Fundamentals Walking	Fundamentals Jumping	Ball Skills Hands 1	Ball Skills Feet 1	Dance Ourselves	Gymnastics Moving	Dance Dinosaurs	Gymnastics High, Low, Over, Under	Ball Skills Hands 2	Ball Skills Rackets, Bats, Balls, Balloons	Games for Understanding	
Year 1	Fundamentals Running	Gymnastics Body Parts	Ball Skills Hands 1	Gymnastics Wide, Narrow, Curled	Ball Skills Feet 1	Dance The Zoo	Ball Skills Hands 2	Ball Skills Rackets, Bats, Balls	Fundamentals Jumping	Team Building	Games for Understanding	Health & Wellbeing
Year 2	Fundamentals Dodging	Gymnastics Linking	Ball Skills Hands 1	Gymnastics Pathways	Ball Skills Feet 1	Dance Mr Candys Sweet Factory	Ball Skills Hands 2	Ball Skills Rackets, Bats and Balls	Fundamentals Jumping	Team Building	Games for Understanding	Health and Wellbeing



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Year 3	Games (Invasion) Netball	Gymnastics Symmetry & Asymmetry	Games (Invasion) Football	Health and Wellbeing Mindfulness	Games (Target) Boccia	Dance Witches & Wizards	Games (Invasion) Tag Rugby	OAA Problem Solving	Games (Net & Wall) Tennis	Athletics Throwing & Jumping	Games (Striking & Fielding) Cricket	Athletics Running/Competition
Year 4	Games (Invasion) Basketball	Swimming	Games (Invasion) Handball	Swimming	Games (Target) Dodgeball	Dance Space	Games (Invasion) Hockey	OAA Communication & Tactics	Games (Net & Wall) Tennis	Athletics Throwing & Jumping	Games (Striking & Fielding) Rounders	Athletics Running/Competition
Year 5	Games (Invasion) Netball	Gymnastics Counter Balance & Counter Tension	Games (Invasion) Football	Games (Net & Wall) Badminton	Games (Target) Boccia	Dance Street Art	Games (Invasion) Tag Rugby	OAA Orienteering	Games (Net & Wall) Tennis	Athletics Throwing & Jumping	Games (Striking & Fielding) Cricket	Athletics Running/Competition
Year 6	Games (Invasion) Basketball	Gymnastics Matching & Mirroring	Games (Invasion) Handball	Games (Net & Wall) Badminton	Games (Target) Dodgeball	Dance Prejudice & Discrimination	Games (Invasion) Hockey	OAA Leadership	Games (Net & Wall) Tennis	Athletics Throwing & Jumping	Games (Striking & Fielding) Rounders	Athletics

**** Year 6 Swimming – 1 Class Spring Term, 1 Class Summer Term ****