



St Mary's Physical Education - Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Dance	Dance	Dance	Dance	Dance	Dance
				Gym	Gym	Sports day races
	Multi-skills – Focus on ball skills and point scoring games	Multi-skills – focus on throwing and catching	Multi-skills – bat and ball skills – aiming and striking	Multi-skills – Developing partner work	Multi-skills- Throwing and catching bat / Bat and ball skills	Athletics
Year 1	Multi-skills – Focus on ball skills and point scoring games	Multi-skills – focus on throwing and catching	Multi-skills – bat and ball skills – aiming and striking	Multi-skills – Developing partner work	Multi-skills- Throwing and catching bat / Bat and ball skills	Athletics
	Dance	Dance	Dance	Dance	Dance	Dance
				Gym	Gym	Athletics/ Sports day races
Year 2	Dance	Dance	Dance	Dance	Dance	Dance
	Multi-skills – throwing and catching	Multi-skills – Dribbling, kicking and hitting	Multi-skills – Invasion Games- Hockey	Multi-skills – Making up group games and inventing rules.	Athletics Striking and Fielding games; Rounders and kick rounders	Athletics
		Swimming	Swimming		Gym	Athletics/ Sports day races
Year 3	Invasion Games; Netball/ football	Invasion Games; Hockey/ basketball	Multi-skills - Multi-skills – bat and ball skills – aiming and striking	Multi-skills – Making up group games and inventing rules.	Athletics Striking and Fielding games; Rounders and kick rounders	Athletics
	Dance	Dance	Dance	Dance	Dance	Dance
		Swimming	Swimming		Gym	Athletics/ Sports day races
Year 4	Invasion Games: Netball/ football	Invasion Games; Hockey/ basketball	Invasion Games; Tag Rugby	Invasion Games; Tag Rugby	Batting and Fielding games; Cricket Outdoor and adventurous activity - Residential	Athletics
	Dance:	Dance	Dance	Dance	Dance	Dance
		Swimming	Swimming			Athletics/ Sports day races
Year 5	Invasion Games; Netball/ football	Invasion Games; Hockey/ basketball	Invasion Games; Tag Rugby	Invasion Games; Tag Rugby	Batting and Fielding games; Cricket Outdoor and adventurous activity - Residential	Athletics Bikeability
	Dance	Dance	Dance	Dance	Dance	Dance
		Swimming	Swimming			Athletics/ Sports day races
Year 6	Dance	Dance	Dance	Dance	Dance	Dance
	Netball	Hockey				Athletics Sports day races
	Invasion Games; Football/ Netball- control and aiming	Invasion Games; Tactics, attacking and defending	Invasion Games; applying skills	Invasion Games; applying skills	Batting and Fielding games; rounders Outdoor and adventurous activity - Residential	Athletics Bikeability (for few who needed to gain level)

Cream – Sports Coach assisted Pink – Teacher led White – Dance teacher assisted. Bold activities - off site / external provider led