



# Physical Education Curriculum Overview

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## Independent Learning

## Aspirations

## Fresh Experiences

	Autumn		Spring		Summer	
	1	2	1	2	1	2
Nursery	Development of Gross Motor Skills through provision-based learning					
Reception	Fundamental movements (1)	Fundamental movements (2)	Dance	Ball skills	Games	Games
Year 1	Fitness and Dance	Gymnastics	Invasion games	Net and wall	Striking and fielding	Athletics
Year 2	Fitness and Dance	Gymnastics	Invasion games	Net and Wall	Striking and fielding	Athletics
Year 3	Fitness and Dance	Gymnastics	Netball / Outdoor and Adventurous Activity	Tennis / Outdoor and Adventurous Activity	Outdoor and Adventurous Activity	Athletics and Rounders
Year 4	Dance	Gymnastics	Outdoor and Adventurous Activity	Outdoor and Adventurous Activity	Outdoor and Adventurous Activity	Netball and Tennis
	Swimming					
Year 5	Tag Rugby	Gymnastics	Fitness / Outdoor and Adventurous Activity	Volleyball / Outdoor and Adventurous Activity	Rounders / Cricket / Outdoor and Adventurous Activity	Athletics
Year 6	Outdoor and Adventurous Activity	Outdoor and Adventurous Activity	Fitness and Dance	Volleyball	Tag Rugby / Cricket	Athletics / Outdoor and Adventurous Activity
Extra	All year groups will cover Forest school over the course of the academic year.					