



West Jesmond Primary School

Physical Education – Curriculum Overview 2024/25

In consultation with



Year		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Coaches
Rec		Kicking, patting and hitting	Yoga: Strength and Posture	Gymnastics	Throwing, Catching and Ball Skills	Dance	Athletics and Games	PE Service Interventions
Y1	In	FUNDamentals PE Assessment	FUNDamentals Throwing and catching	Gymnastics	Yoga: Strength and Posture	Dance	FUNDamentals PE Assessment	PE Service – fundamentals
	Out	Teambuilding/ Problem Solving	Ball Skills: Dribbling and Control	Invasion Game Skills	Net & Wall Skills	Striking & Fielding Skills	Athletics	
Y2	In	FUNDamentals PE Assessment	Net & Wall: Tennis	Dance	FUNDamentals: Throwing and Catching	Gymnastics	FUNDamentals PE Assessment	Tennis
	Out	Teambuilding/ Problem Solving	Ball Skills: Dribbling and Control	Invasion Game Skills	Invasion Games: Attacking & Defending	Striking & Fielding Skills	Athletics	
Y3	In	Squash/Badminton	FUNDamentals	Gymnastics	FUNDamentals	Dance	Handball	Squash PE Service – fundamentals
	Out	Invasion Games: Tactics	OAA	Tag Rugby	Tennis	Cricket	Athletics	
Y4	In	Invasion Games: Attacking & Defending	FUNDamentals	Gymnastics	FUNDamentals	Dance	Netball	Swimming Cricket
	Out	Football	Tag Rugby	Hockey	Tennis	Rounders	Athletics	
Y5	In	FUNDamentals	Gymnastics	Dance	Fitness	Handball	FUNDamentals	Dance Workshop Squash
	Out	Netball	OAA	Tag Rugby	Tennis	Cricket	Athletics	
Y6	In	Athletics	Gymnastics	Dance	Swimming (throughout the year)	FUNDamentals	Volleyball	Dance Workshop Swimming
	Out	Football	Netball	Basketball	Hockey	Rounders	Athletics	

Invasion Games	<ul style="list-style-type: none"> • Negotiating Space (Reception) • Ball Skills: dribbling and control (Years 1 and 2) • Invasion Game Skills (Years Reception, 1 and 2) • Invasion Games: Tactics (Year 3) • Invasion Games: Attacking and Defending (Years 2 and 4) • Football (Years 4 and 6) • Tag rugby (Years 3, 4 and 5) • Hockey (Years 4 and 6) • Netball (Years 4, 5 and 6) • Handball (Years 3 and 5) • Basketball (Year 6)
Net and Wall	<ul style="list-style-type: none"> • Net and Wall Skills (Year 1) • Tennis (Years 2, 3, 4 and 5) • Volleyball (Year 6) • Squash/Badminton (Year 3)
Striking and Fielding	<ul style="list-style-type: none"> • Striking and Fielding Skills (Years 1 and 2) • Cricket (Years 3 and 5) • Rounders (Years 4 and 6)
Outdoor and Adventurous	<ul style="list-style-type: none"> • Teambuilding/Problem Solving (Years 1 and 2) • OAA/orienteering (Years 3 and 5) • Residential (Years 4 and 6)

Artistic	<ul style="list-style-type: none"> • Dance (Years Reception, 1, 2, 3, 4, 5 and 6) • Gymnastics (Years Reception, 1, 2, 3, 4, 5 and 6) • Yoga (Years Reception and 1)
Fundamentals	<ul style="list-style-type: none"> • FUNdamentals - movement skills (Years Reception, 1, 2, 3, 4, 5 and 6) • Throwing, catching and ball skills (Years Reception, 1 and 2) • Athletics (Years Reception, 1, 2, 3, 4, 5 and 6) • Fitness (Year 5) • Ball Skills (Years Reception, 1 and 2)
Swimming	<ul style="list-style-type: none"> • Years 4 and 6