



West Jesmond Primary School

Physical Education – Curriculum Overview 2023/24

In consultation with



Year		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Coaches
Rec	In	FUNdamentals PE assessment	Kicking, patting and hitting	Yoga: Strength and Posture	Gymnastics	Fine Motor Skills	Dance/ Working with Others	Cycling – balance bikes
	Out	Negotiating space	Movement and Development	Throwing, Catching and Ball Skills	Gross Motor Skills	Fundamentals and Games	Athletics	
Y1	In	FUNdamentals PE Assessment	Gymnastics	FUNdamentals Throwing and catching	Dance	Yoga: Strength and Posture	FUNdamentals PE Assessment	
	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	FUNdamentals: Throwing and Catching	Dance	Gymnastics	FUNdamentals PE Assessment	Tennis
	Out	Teambuilding/ Problem Solving	Ball Skills	Invasion Game Skills	Invasion Games: Attacking & Defending	Striking & Fielding Skills	Athletics	
Y3	In	Squash/Badminton	Gymnastics	FUNdamentals	Dance	FUNdamentals	Tennis	Squash
	Out	Invasion Games: Tactics	OAA	Tag Rugby	Handball	Cricket	Athletics	
Y4	In	Invasion Games: Attacking & Defending	Gymnastics	FUNdamentals	Dance	FUNdamentals	Tennis	Yoga
	Out	Football	Swimming (throughout the year)	Tag Rugby	Handball	Rounders	Athletics	
Y5	In	Athletics	Gymnastics	FUNdamentals	Dance	FUNdamentals	Volleyball	Cricket
	Out	Netball	OAA	Hockey	Fitness	Cricket	Athletics	
Y6	In	Athletics	Gymnastics	Netball	Dance	FUNdamentals	Volleyball	Laser
	Out	Football	OAA	Hockey	Fitness	Rounders	Athletics	

Invasion Games	<ul style="list-style-type: none"> • Negotiating Space (Reception) • Ball Skills: dribbling and control (Year 1) • Invasion Game Skills (Years Reception, 1 and 2) • Invasion: Tactics (Year 3) • Invasion: Attacking and Defending (Years 2 and 4) • Football (Years 4 and 6) • Tag rugby (Years 3 and 4) • Hockey (Years 5 and 6) • Netball (Years 5 and 6) • Handball (Years 3 and 4)
Net and Wall	<ul style="list-style-type: none"> • Net and Wall Skills (Year 1) • Tennis (Years 2, 3 and 4) • Volleyball (Years 5 and 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, 5 and 6) • 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, 1 and 4)
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 (Years 5 and 6) • Ball Skills (Years Reception, 1 and 2)
Swimming	<ul style="list-style-type: none"> • Years 4 and 6