



# West Jesmond Primary School Physical Education – Curriculum Overview

In consultation with



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

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

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