

Physical Education Curriculum Overview

	Autumn		Spring		Summer	
Nursery	<i>Early Years Framework (30-50 Months)</i>					
	Fundamental Skills		Fundamental Skills	Fundamental Skills	Fundamental Skills	Fundamental Skills
Reception	<i>Early Years Framework</i>					
	Fundamental Skills		Fundamental Skills	Dance	Fundamental Skills	Gymnastics
Year 1	Fundamental Skills		Fundamental Skills	Fundamental Skills	Fundamental Skills	Fundamental Skills
	OAA		Dance	Gymnastics	OAA	Tri-Gols
Year 2	Fundamental Skills		Fundamental Skills	Fundamental Skills	Fundamental Skills	Fundamental Skills
	OAA		Dance	Gymnastics	Athletics/Bocce	Swimming Tasters
Year 3	Fundamental Skills		Fundamental Skills	Fundamental Skills	Fundamental Skills	Fundamental Skills
	Cross Country/OAA		Hockey	Dance	Gymnastics	Swimming
Year 4	Fundamental Skills		Fundamental Skills	Fundamental Skills	Fundamental Skills	Fundamental Skills
	Cross Country/OAA		Tag Rugby	Dance	Swimming	Gymnastics
Year 5	Fundamental Skills		Fundamental Skills	Fundamental Skills	Fundamental Skills	Fundamental Skills
	Cross Country/OAA		Hockey	Swimming	Swimming	Athletics
Year 6	Cross Country/OAA		Fundamental Skills	Fundamental Skills	Fundamental Skills	Fundamental Skills
	Fundamental Skills	Swimming*	Lacrosse	Gymnastics	Dance	Swimming Catch-up

*No swimming lessons will take place during the first half of the Autumn term.

Fundamental Movement Skills

Fundamental Movement Skills involves developing the following 7 areas: running, jumping, coordination, balance, agility, throwing and catching. These skills can be taught individually or through particular sports/games (netball, rounders, hockey, cricket, basketball etc...).