

## Physical Education Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Reception	<p>Changing independently for PE and Forest School</p> <p>Travelling in different ways and balancing on different parts of the body</p> <p>Gymnastics – floor work</p> <p>Forest School</p>	<p>Notice differences in our bodies when we exercise</p> <p>Focus on developing gross and fine motor skills</p> <p>Forest School</p>	<p>Identify hazards in PE</p> <p>Learning to get out and put away equipment</p> <p>Gymnastics – using large apparatus</p> <p>Forest School: safety elements when around the campfire</p> <p>Drama – act out stories, emotions</p> <p>Games – ball skills</p> <p>Working as a group to create a game using a ball</p> <p>Forest School</p>	<p>Dance – moving expressively</p> <p>Working as a group to create a sequence of dance moves</p> <p>What do we need to keep healthy and why is it important?</p> <p>Forest School</p>			<p>Team games and skills for sports day</p> <p>Forest School</p>
Year 1	Boot Camp	Story time Dance	Groovy Gymnastics	Brilliant Ball Skills	Throwing and Catching	Active Athletes	

<b>Year 2</b>	Multi skills Bootcamp	Mighty Movers (running) Ugly Bug Ball Dance	Skip to the Beat Gymnastics	Brilliant Ball Skills Gymfit circuits	Throwing and Catching Cool Core (strength)	Active Athletes Fitness Frenzy
<b>Year 3</b>	Multi skills Bootcamp	Mighty Movers (running) African Dancing	Skip to the Beat Gymnastics	Brilliant Ball Skills Gymfit circuits	Throwing and Catching Cool Core (strength)	Active Athletes Fitness Frenzy
<b>Year 4</b>	Invaders Boot Camp	Dynamic Dance Mighty Movers (Boxercise)	Swimming Gym sequence Step to the Beat	Swimming Striking and Fielding Gymfit Circuits	Nimble Nets Cool Core (pliates)	Young Olympics Fitness Frenzy
<b>Year 5</b>	Invaders Boot Camp	Dynamic Dance Mighty Movers (Boxercise)	Gym sequence Step to the Beat	Striking and Fielding Gymfit Circuits	Nimble Nets Cool Core (pliates)	Young Olympics Fitness Frenzy
<b>Year 6</b>	Invaders Boot Camp	Dynamic Dance Mighty Movers (Boxercise)	Gym sequence Step to the Beat	Striking and Fielding Gymfit Circuits	Nimble Nets Cool Core (pliates)	Young Olympics Fitness Frenzy