

St Nicholas and St Laurence CE Primary School P.E. Curriculum Overview

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Body Management Friday	Gymnastics Friday	Manipulation and Coordination Tuesday/Friday	Dance Friday	Speed, Agility, Travel Tuesday/Friday	Cooperate and Problem Solve Friday
Year 1	Attack, Defend, Shoot (unit 1) - Tuesday Send and return (unit 1) - Wednesday	Attack, Defend, Shoot (unit 2) - Monday Gymnastics (unit 1) - Wednesday	Run, Jump, Throw (unit 1) - Monday Dance - Friday	Dance (unit 2) - Monday Gymnastics (unit 2) - Tuesday	Outdoor Adventurous Activities - Monday Send and Return (unit 2)- Tuesday	Run, Jump, Throw (unit 2) - Wednesday Hit, Catch, Run (unit 1) - Friday
Year 2	Attack, Defend, Shoot (unit 1) -Tuesday Send and Return (unit 1) - Wednesday	Attack, Defend, Shoot (unit 2) - Monday Gymnastics (unit 1) - Wednesday	Run, Jump, Throw (unit 1) - Monday Dance (unit 1) - Tuesday	Dance (unit 2) - Monday Gymnastics (unit 2) - Tuesday	Outdoor Adventurous Activities - Monday Send and Return – Friday	Run, Jump and Throw (unit 2) - Wednesday Hit, Catch, Run (unit 1) - Friday
Year 3	Basketball - Thursday Tag Rugby - Monday	Hockey - Monday Gymnastics (unit 1) - Tuesday	Dance (unit 1) - Wednesday Netball - Friday	Gymnastics (unit 2) - Thursday Tennis - Wednesday	Cricket - Monday Dance (unit 2) - Friday	Athletics - Tuesday Outdoor Adventurous Activities - Friday
Year 4	Basketball- Thursday Tag Rugby - Monday	Hockey - Monday Gymnastics (unit 1) - Tuesday	Dance (unit 1) - Wednesday Netball - Friday	Gymnastics (unit 2) - Thursday Tennis - Wednesday	Cricket - Monday Dance (unit 2) - Friday	Athletics - Tuesday Outdoor Adventurous Activities - Friday
Year 5	Hockey - Thursday Swimming - Monday	Basketball - Thursday Dance (unit 1) - Friday	Dance (unit 2) - Monday Gymnastics (unit 1) - Thursday	Tennis - Monday Gymnastics (unit 2) - Friday	Athletics - Thursday Outdoor Adventurous Activities - Tuesday	Cricket - Thursday Rounders - Monday
Year 6	Hockey - Thursday Swimming - Monday	Basketball - Thursday Dance (unit 1) - Friday	Gymnastics (unit 1) - Thursday Dance (unit 2) - Monday	Tennis - Monday Gymnastics (unit 2) - Friday	Athletics - Thursday Outdoor Adventurous Activities - Friday	Cricket - Thursday Rounders - Monday