

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