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

Inspire to Aspire
Life in all its fullness

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