



# St. Mary's Catholic Primary School

## Physical Education Curriculum Overview



|               | Autumn 1 <sup>st</sup>                              | Autumn 2 <sup>nd</sup> | Spring 1 <sup>st</sup>    | Spring 2 <sup>nd</sup><br>Dance   | Summer 1 <sup>st</sup><br>Gymnastics | Summer 2 <sup>nd</sup> |
|---------------|-----------------------------------------------------|------------------------|---------------------------|-----------------------------------|--------------------------------------|------------------------|
| <b>Year 1</b> | Throwing, catching & balancing (Fundamental Skills) | Ball Skills            | Tennis Skills             | Health & Fitness                  | Invasion Games                       | Hockey                 |
|               | Animals (Gymnastics)                                | Starry Skies (Dance)   | Circuit Training          | The 4 Seasons (Dance)             | Traditional Tales (Gymnastics)       | Animal Olympics        |
| <b>Year 2</b> | Throwing, catching & balancing (Fundamental Skills) | Football               | Ball Skills               | Floor Tennis                      | Health & Fitness                     | Invasion Games         |
|               | Landscapes & Cities (Gymnastics)                    | Gunpowder Plot (Dance) | Circuit Training          | Plants (Dance)                    | Under the Sea (Gymnastics)           | Athletics              |
| <b>Year 3</b> | Ball Skills                                         | Handball               | Target Games              | Short Tennis                      | Health & Fitness                     | Cricket                |
|               | Movement (Gymnastics)                               | Extreme Earth (Dance)  | Circuit Training          | Rainforests (Dance)               | Shape (Gymnastics)                   | Athletics              |
| <b>Year 4</b> | Invasion Games                                      | Bench Ball             | Striking & Fielding Games | Tennis                            | Health & Fitness                     | Football               |
|               | Swimming                                            | Swimming               | Swimming                  | Swimming                          | Swimming                             | Swimming               |
| <b>Year 5</b> | Invasion Games                                      | Netball                | Striking & Fielding Games | Tennis                            | Health & Fitness                     | Handball               |
|               | Swimming                                            | Swimming               | Swimming                  | Swimming                          | Swimming                             | Swimming               |
| <b>Year 6</b> | Invasion Games                                      | Basketball             | Striking & Fielding Games | Tennis                            | Health & Fitness                     | Tag Rugby              |
|               | Movement (Gymnastics)                               | Electricity (Dance)    | Circuit Training          | Dance Through the Decades (Dance) | Rivers & Mountains (Gymnastics)      | Athletics              |