

Curriculum Overview

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2						
Skill Progression		Hand and Ball Skills 1 - Invasion & Games for understanding Running, Jumping, Agility, Control, Game based	Hand and ball skills 2- Striking and Fielding – Net and Wall Catching, Throwing, Movement, Agility	Movement patterns and Balance – Gymnastics and Dance Agility, Flexibility, Movement, Pattern, timing	Problem solving, communication, teamwork and inclusivity. Teambuilding, speaking, listening, aiming high	Health Related Exercise – Locomotion, Athletics, Health and Fitness Strength, control, fitness, speed, power						
Little Learners	Locomotion: travelling (hang, climb, jump, push, pull, walk forwards, backwards with equipment in their environment) Rolling, crawling, sliding, shuffling. They run skilfully with wheeled toys, turning around obstacles and corners. Games for understanding: Dodge around equipment in the environment Ball Skills Feet: kick a ball gently											
Nursery	Locomotion: Walking	Locomotion: Jumping	Dance: Nursery Rhymes	Gymnastics (no apparatus) High, Low, Under, Over	Team Building	Ball and Hand Skills 1						
Reception	Locomotion: Walking and Jumping	Ball and Hand skills 1	Dance: Ourselves	Gymnastics (apparatus) High, Low, Under, Over	Ball Feet Skills	Team Building						
Year 1	Locomotion: Running 1	Games For Understanding	Ball Skills Hands 1	Multi Skills	Gymnastics: Body Parts	Dance: Growing	Gymnastics: Wide, Narrow and Curled	Dance: Zoo	Ball Skills Hands 2	Team Building	Health Related Exercise	Locomotion: Jumping
Year 2	Locomotion: Dodging	Games For Understanding	Ball Skills Hands 1	Multi Skills	Gymnastics: Pathways	Dance: Water	Gymnastics: Linking	Dance: Exploring	Ball Skills Hands 2	Team Building	Health Related Exercise	Locomotion: Jumping

Year	Autumn Term				Spring Term				Summer Term			
Year 3	Invasion: Tag Rugby	Invasion: Netball	Invasion: Hockey	Invasion: Dodgeball	OAA: Problem Solving	Gymnastics: Symmetry and asymmetry	Health Related Exercise	Dance: Wild Animals	Striking and Fielding Cricket	Target games Boccia / Curling	Athletics Running	Athletics Throwing
Year 4	Invasion: Tag Rugby	Invasion: Netball	Invasion: Hockey	Invasion: Dodgeball	OAA: Problem Solving	Gymnastics: Bridge	Health Related Exercise	Dance: Weather / Space	Striking and Fielding Cricket	Target games Boccia / Curling	Athletics Running	Athletics Throwing
Year 5	Invasion: Tag Rugby	Invasion: Netball	Invasion: Hockey	Invasion: Dodgeball	OAA: Problem Solving	Gymnastics: Counter and Counter tension	Health Related Exercise	Dance: Circus	Striking and Fielding Cricket	Net and wall Racket games	Athletics Running	Athletics Throwing
Year 6	Invasion: Tag Rugby	Invasion: Netball	Invasion: Hockey	Invasion: Dodgeball	OAA: Problem Solving	Gymnastics: Matching and Mirroring	Health Related Exercise	Dance: Carnival	Striking and Fielding Cricket	Net and wall Racket games	Athletics Running	Athletics Throwing

# ALP Trust PE Department

## Curriculum Overview

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2						
Skill Progression		Hand and Ball Skills 1 - Invasion & Games for understanding Tag Rugby/ Netball/ Hockey / Multi	Hand and ball skills 2- Striking and Fielding – Net and Wall Cricket/ Tennis/ Rounders / Multi	Movement patterns and Balance – Gymnastics and Dance	Problem solving, communication, teamwork and inclusivity. Teambuilding and OAA / Boccia / New age Curling	Health Related Exercise – Locomotion, Athletics, Health and Fitness						
<u>Little Learners</u>	Locomotion: travelling (hang, climb, jump, push, pull, walk forwards, backwards with equipment in their environment) Rolling, crawling, sliding, shuffling. They run skilfully with wheeled toys, turning around obstacles and corners. <u>Games for understanding</u> : Dodge around equipment in the environment <u>Ball Skills Feet</u> : kick a ball gently											
<u>Nursery</u>	<b>Locomotion:</b> Walking	<b>Locomotion:</b> Jumping	<b>Dance:</b> Nursery Rhymes	<b>Gymnastics</b> (no apparatus) High, Low, Under, Over	<b>Team Building</b>	<b>Ball and Hand Skills 1</b>						
<u>Reception</u>	<b>Locomotion:</b> Walking and Jumping	<b>Ball and Hand skills 1</b>		<b>Dance:</b> Ourselves	<b>Gymnastics</b> (apparatus) High, Low, Under, Over	<b>Ball Feet Skills</b>	<b>Team Building</b>					
<u>Year 1</u>	<b>Locomotion:</b> Running 1	<b>Games For Understanding</b>	<b>Ball Skills Hands 1</b>	<b>Multi Skills</b>	<b>Gymnastics:</b> Body Parts	<b>Dance:</b> Growing	<b>Gymnastics:</b> Wide, Narrow and Curled	<b>Dance:</b> Zoo	<b>Ball Skills Hands 2</b>	<b>Team Building</b>	<b>Health Related Exercise</b>	<b>Locomotion:</b> Jumping
<u>Year 2</u>	<b>Locomotion:</b> Dodging	<b>Games For Understanding</b>	<b>Ball Skills Hands 1</b>	<b>Multi Skills</b>	<b>Gymnastics:</b> Pathways	<b>Dance:</b> Water	<b>Gymnastics:</b> Linking	<b>Dance:</b> Exploring	<b>Ball Skills Hands 2</b>	<b>Team Building</b>	<b>Health Related Exercise</b>	<b>Locomotion:</b> Jumping

Year	Autumn Term			Spring Term				Summer Term			
<u>Year 3</u>	<b>Invasion:</b> Tag Rugby	<b>Invasion:</b> Netball	<b>Invasion:</b> Hockey	<b>OAA:</b> Problem Solving	<b>Health Related Exercise</b>	<b>Gymnastics:</b> Symmetry and asymmetry	<b>Dance:</b> Wild Animals	<b>Striking and Fielding</b> Cricket	<b>Target games</b> Boccia / Curling	<b>Athletics</b>	
<u>Year 4</u>	<b>Invasion:</b> Tag Rugby	<b>Invasion:</b> Netball	<b>Invasion:</b> Hockey	<b>OAA:</b> Problem Solving	<b>Health Related Exercise</b>	<b>Gymnastics:</b> Bridge	<b>Dance:</b> Weather	<b>Striking and Fielding</b> Cricket	<b>Target games</b> Boccia / Curling	<b>Athletics</b>	
<u>Year 5</u>	<b>Invasion:</b> Tag Rugby	<b>Invasion:</b> Netball	<b>Invasion:</b> Hockey	<b>OAA:</b> Problem Solving	<b>Health Related Exercise</b>	<b>Gymnastics:</b> Counter and Counter tension	<b>Dance:</b> Carnival Academy	<b>Striking and Fielding</b> Cricket	<b>Net and wall</b> Racket games	<b>Athletics</b>	
<u>Year 6</u>	<b>Invasion:</b> Tag Rugby	<b>Invasion:</b> Netball	<b>Invasion:</b> Hockey	<b>OAA:</b> Problem Solving	<b>Health Related Exercise</b>	<b>Gymnastics:</b> Counter and Counter tension	<b>Dance:</b> Carnival	<b>Striking and Fielding</b> Cricket	<b>Net and wall</b> Racket games	<b>Athletics</b>	