

St Benedict's Catholic Primary School

Curriculum Overview: PE



With Jesus, we learn,
love and laugh

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years	P.E in the Early Years is taught through the Physical development area of learning in development matters and also links to PSED. Children develop their gross motor skills through outdoor play, using our climbing, balancing and rope bridges outdoors and early ball skills. Children have a weekly 'Jabbadao' movement session in the hall where they use mats and apparatus to develop their body strength, body awareness and ways to use P.E. equipment safely. We do a daily run and pilates/yoga sessions to enable children to develop a positive mindset towards physical movement and keeping healthy. This becomes the foundation which Key Stage 1 build on and continue in P.E. throughout the school.					
Nursery	Exploring the outdoor equipment	Introducing 'Jabbadao'	Jabbadao Introduce Pilates/yoga	Jabbadao Balancing & climbing outdoors	Jabbadao Ball skills Daily run/pilates	Jabbadao Ball skills Daily run/pilates
Reception	Intro to PE : Unit 2 OAA	Gymnastics : Unit 2 OAA	Dance: Unit 2 Gymnastics: Unit 2	O&AA	Games: Unit 2 Ball skills: Unit 2	Fundamentals: Unit 2 OAA
Year 1	Fitness invasion	Sending and receiving gym	Dance Target games	Ball skills Striking and fielding	Athletics OAA	Net and wall OAA
Year 2	Fitness Ball skills	Gymnastics Invasion	Sending and Receiving OAA	OAA Net and Wall	Dance Target games	Athletics Striking and Field
Year 3	OAA Fitness	OAA Gymnastics	Dance Football	Hockey Netball	Athletics Swimming	Cricket Swimming
Year 4	Football Fitness	Gymnastics Tag Rugby	Swimming Dance	Swimming Dance	Rounders Cricket	Athletics Tennis

Year 5	Swimming Fitness	Swimming OAA	OAA Dance	Hockey Gymnastics	Basketball Cricket	Athletics Tennis
Year 6	Football Fitness	Volleyball Netball	Dance Tag Rugby	Hockey Gymnastics	Fitness Rounders	Athletics Tennis