

# 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
<b>Early Years</b>	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.					
<b>Nursery</b>	Exploring the outdoor equipment	Introducing 'Jabbadao'	Jabbadao  Introduce Pilates/yoga	Jabbadao  Balancing & climbing outdoors	Jabbadao  Ball skills  Daily run/pilates	Jabbado  Ball skills  Daily run/pilates
<b>Reception</b>	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
<b>Year 1</b>	Fitness invasion	Sending and receiving gym	Dance Target games	Ball skills Striking and fielding	Athletics OAA	Net and wall OAA
<b>Year 2</b>	Fitness Ball skills	Gymnastics Invasion	Sending and Receiving OAA	OAA Net and Wall	Dance Target games	Athletics Striking and Field
<b>Year 3</b>	OAA Fitness	OAA Gymnastics	Dance Football	Hockey Netball	Athletics Swimming	Cricket Swimming
<b>Year 4</b>	Football Fitness	Gymnastics Tag Rugby	Swimming Dance	Swimming Dance	Rounders Cricket	Athletics Tennis

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