

Cardinal Newman Catholic Primary School

Physical Education Curriculum Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec	Gym-Introduction to movement (Intro)	Dance – Stars, Rabbits, Follow my feet, Hickory Dickory Docks, Autumn Leaves	Gym-Travelling (A)	Dance - Blowing Bubbles, Dinosaurs and Shaking Puppets	Games for Positive Play	OAA-Team skills, orienteering, inventing games
	Multi-skills-Using bean-bags	Multi-skills-Using balls	Multi-skills-Using hoops and quoits	Multi-skills-Using ropes, bats and balls	Athletics	Athletics
Yr 1	Gym-Flight, bounce, jump and land (D)	Dance - Conkers, Streamers and Playing with a bal	Gym-Points and Patches (E)	Dance - Rainbow fish and We're going on a bear hunt	Games for Positive Play	OAA-Team skills, orienteering, inventing games
	Multi-skills-Ball skills and games	Multi-skills-Throwing and catching with aim	Multi-skills-Bat and ball skills with skipping	Multi-skills-Developing partner work	Athletics-	Athletics-
Yr 2	Gym-Pathways-straight, zig-zag, curve (I)	Dance	Gym-Turning, spinning and twisting (J)	Dance	Games for Positive Play	OAA-Team skills, orienteering, inventing games
	Multi-skills-Throwing and catching	Multi-skills-Making up games	Multi-skills-Dribbling, kicking and hitting	Multi-skills-Group games and inventing rules	Athletics	Athletics
Yr 3	Gym- Travelling with change of direction (O)	Dance	Swimming	Swimming	Athletics	Athletics
	Invasion Games-Football	Invasion Games-Hockey	Invasion games-Basketball	Net/Racket Games-Tennis	Field/Striking Games-Rounders	OAA-Team skills, orienteering, inventing games
Yr 4	Gym – Balance (P)	Dance	Gym - Rolling (S)	Dance - Wimbledon	Athletics	Athletics
	Invasion Games-Basketball	Invasion Games-Lacrosse	Invasion games-Tag Rugby	Net/Racket Games-Badminton	Field/Striking Games-Cricket	OAA-Team skills, orienteering, inventing games
Yr 5	Gym-Flight (U)	Dance - Rubbish	Gym – Spinning and turning (W)	Dance – Word Power and What a Card	Athletics	Athletics
	Invasion Games-Tag Rugby	Invasion Games-Netball	Invasion games-Lacrosse	Net/Racket Games - Tennis	Field/Striking Games-Rounders	OAA-Team skills, orienteering, inventing games
Yr 6	Gym – Holes and barriers (Z)	Dance – The World of Sport	Gym – Counter-balance and counter-tension (Å)	Dance - Rainforest	Athletics	Athletics
	Invasion Games-Netball	Invasion Games-Hockey	Invasion games-Football	Net/Racket Games-Tennis	Field/Striking Games-Cricket	OAA-Team skills, orienteering, inventing games