

P.E Curriculum Overview - 2024/2025

Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor	Attack, Defend and Shoot Unit 1	Attack, Defend and Shoot Unit 2	Hit, Catch and Run Unit 1	Hit, Catch and Run Unit 2	Run, Jump and Throw Unit 1	Athletics and Sports Day Practise.
Indoor	Gymnastics Unit 1	Gymnastics Unit 2	Dance Unit 1	Dance Unit 2	Send and Return Unit 1	Send and Return Unit 2

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Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor	Attack, Defend and Shoot Unit 1	Attack, Defend and Shoot Unit 2	Hit, Catch and Run Unit 1	Hit, Catch and Run Unit 2	Athletics and Sports Day Practise.	Athletics and Sports Day Practise.
Indoor	Gymnastics Unit 1	Gymnastics Unit 2	Dance Unit 1	Dance Unit 2	Send and Return Unit 1	Run, Jump and Throw Unit 1

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Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor	Football	Handball	Netball	Tennis	Rounders	Athletics and Sports Day practise.
Indoor	Gymnastics Unit 1	Gymnastics Unit 2	Dance	OAA	Cricket	Athletics

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Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor	Football	Tag Rugby	Hockey	Netball	Tennis	Rounders
Indoor	Gymnastics Unit 1	Gymnastics Unit 2	Dance	Cricket	Athletics	OAA

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Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor	Football	Tag Rugby	Hockey	Netball	Tennis	Rounders
Indoor	Gymnastics Unit 1	Gymnastics Unit 2	Dance	Cricket	Athletics	OAA

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Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor	Football	Tag Rugby	Hockey	Netball	Tennis	Rounders
Indoor	Gymnastics Unit 1	Gymnastics Unit 2	Dance	Cricket	Athletics	OAA

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Reception	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Outdoor	Body Management Unit 1	Body Management Unit 2	Co-operate and Solve Problems Unit 1	Co-operate and Solve Problems Unit 2	Speed and Agility Unit 1	Speed and Agility Unit 2
Indoor	Gymnastics Unit 1	Gymnastics Unit 2	Dance Unit 1	Dance Unit 2	Manipulation and Co-ordination Unit 1	Manipulation and Co-ordination Unit 2