



Whole School Physical Education Curriculum Overview:

#TheSmawthorneExperience



Year:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R	Ball Skills – Hands 1 Play: Playing through games	Ball Skills – Hands 2 Dance: Dinosaurs	Ball Skills – Feet Dance: Nursery Rhymes	Rackets Bats Ballas and Balloons Gymnastics: High and Low	Dance: Ourselves Locomotion: Jumping	Gymnastics: Moving Games for understanding
1	Team Building Play: Playing games	Ball Skills – Hands 1 Gymnastics – Body Parts	Ball Skills – Feet 1 Gymnastics – Growing	Rackets Bats and Balls Gymnastics: Wide, Narrow, Curled	Locomotion - Running Health and Wellbeing	Ball Skills – Hands 1 Games for understanding
2	Dance – Explorers Team Building	Gymnastics– Linking Ball Skills: Feet	Dance – Mr Candy’s Locomotion: Jumping	Gymnastics – pathways Ball Games – Hands 1	Games for understanding Health and Wellbeing	Dance: Explorers Rackets Bats and Balls
3	Dance – Witches and Wizards Team Building	Gymnastics: Canon and Unison Dodgeball	Dance: Wild Animals Handball	Gymnastics: Symmetry & Asymmetry OAA: Communication & Tactics	Health and Wellbeing Games for understanding	Rackets Bats and Balls Athletics – Running
4	Dance - Space Game Sense Invasion (or Swimming)	Gymnastics – Levels and Direction Game Sense Invasion (or Swimming)	Mindfulness Gymnastics: Bridges	OAA – Orienteering Netball	Mindfulness Tennis	Games Sense Invasion Athletics
5	Dance: The Circus Health Related Exercises	Gymnastics: Counter Balance and Counter Tension Game Sense Invasion	Gymnastics: Flight Football	OAA Communication & Tactics Athletics – Throwing & Jumping	OAA: Orienteering Game Sense/Net/Wall	Rounders Athletics
6	Dance – Carnival OAA – Problem Solving	Gymnastics – Mirror and Matching Game Sense Net/Wall	Gymnastics: Creating Sequences Game Sense Invasion	Dance: Titanic Tag Rugby	Health Related Exercise Cricket	Athletics Athletics: Competition

*External provider (ACES Sport Education) **External Provider (Castleford Academy)

