

Crowmoor Curriculum – Physical Education



| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-----------|--|---|--|--|--|---|
| Reception | Gymnastics – moving different ways, balancing etc | Dance: KS1 Dance: Let's Move. Autumn - BBC Teach (3) KS1 Dance: Let's Move. Winter wonderland - BBC Teach (4) | Games: Best of Balls | Dance: Dance KS1: Let's Move. Life in the rainforest - BBC Teach & KS1 Dance: Let's Move. Opposites (Spring) - BBC Teach | Gymnastics: Jumping Jacks & Rock 'n' Roll | Games: The Olympics/Sports Day Practice |
| Year 1 | Multi-skills: Throwing and Catching Circuit Training | Invasion Games: At the fair Dance: Starry Skies | Attacking and Defending Gymnastics: Animals | Multi-skills: Bat and Ball Dance: The Seasons | Multi-skills: Running and Jumping Gymnastics: Traditional Tales | Multi-skills: Sports Day Yoga: Salute to the sun |
| Year 2 | Multi-skills: Throwing and Catching Gymnastics: Landscapes and Cities | Invasion Games Dance: Gunpowder plot | Attacking and Defending Circuit Training | Multi-skills: Bat and Ball Gymnastics: Under the Sea | Multi-skills: Target Games Dance – Plants | Multi-skills: Animal Olympics Dance: Toys |
| Year 3 | OAA Gymnastics: Movement | Invasion Games: Fundamentals Multi-skills: Dodgeball | Swimming Gymnastics: Shape | Dance: Rainforest Dance Invasion Games: Football | Dance: Extreme Earth Net and Wall Games: Fundamentals | Athletics Striking and Fielding: Fundamentals |
| Year 4 | OAA Invasion Games: Tag Rugby | Invasion Games Dance: Romans | Gymnastics: Movement Invasion Games: Hockey | Dance: Carnival of the Animals Net and Wall Games: Badminton | Dance: Water Gymnastics: Shape and Balance | Athletics Striking and Fielding: Cricket |
| Year 5 | OAA Circuit Training Swimming, x 2 | Invasion Games Dance: WW2 (Swimming) | Invasion Games: Basketball Gymnastics: Movement | Net and Wall Games: Tennis Gymnastics: Shape and Balance | Striking and Fielding: Rounders Dance: Eco Dance | Athletics Invasion Games: Handball |
| Year 6 | OAA Circuit Training Swimming, x 5 | Invasion Games Dance: Electricity | Invasion Games: Netball Gymnastics: Movement | Net and Wall Games: Volleyball Gymnastics: Rivers and Mountains | Striking and Fielding Games Dance: Through the Decades | Athletics Leadership in PE |