

Wavendon Gate School PE Curriculum Overview – EYFS and KS1



Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Locomotion	Hands: Ball Skills	Gymnastics: High, Low, Over under	Dance: Ourselves	Feet: Ball Skills	Games: Following rules, Taking turns, Scoring and Defending
Year 1 Outdoor	Locomotion: Running	Hands: Bouncing and Passing	Feet: More Ball Skills	Hands: Throwing	Jumping and Skipping	Team Building Trust and Co-operation
Year 1 Indoor	Gymnastics: Wide, Narrow and Curled shapes.	Dance: Growing	Gymnastics: Body Parts (balancing)	Dance: The Zoo	Games: Attack and Defence	Health and Wellbeing: Agility. Balance and Co-ordination
Year 2 Outdoor	Gymnastics: Linking. Jump, Roll, Balance.	Gymnastics: Pathways. Zigzags and Curves	Dance: Water	Hands: Dribbling, Passing, Receiving and Scoring	Team Building Inclusion, Trust, Communication and Strategy.	Games for Understanding Attack, Defence and Tactics/
Year 2 Indoor	Dodging	Hands: Underarm Throwing	Hands: Dribbling, Passing, Possession.	Dance: Explorers	Jumping: Different types of Jump.	Health and Wellbeing: Agility. Balance and Co-ordination

Year 3 Outdoor	Netball: Pivot and Possession	Communication and Tactics: Leadership, Tactics and Collaboration	Basketball: dribbling, passing and scoring	Tag Rugby: Passing and Receiving	Problem Solving: Cooperation, Communication, Collaboration	Rounders: Batting and Fielding, Throwing Overarm
Year 3 Indoor	Gymnastics: Symmetry and Asymmetry	Handball: Passing, Receiving, Attack and Defence	Dance: Wild Animals Dance : Weather		Tennis: Forehand skills and Tactics	Athletics Running, Jumping, Throwing
Year 4 Outdoor	Bridges: Balances, Bridges and Sequencing	Communication and Tactics: Leadership, Tactics and Collaboration	Basketball: Marking Opponents	Tag Rugby: Passing, Moving and Creating Space.	Tennis Backhand and Tactics	Problem Solving: Cooperation, Collaboration and Responsibility
Year 4 Indoor	Athletics: Running, Jumping, Throwing	Handball: Passing, Receiving, Attack and Defence.	Dance: Cats	Dance :Space	Swimming	Rounders: Refining skills.
Year 5 Outdoor	Football: Dribbling, Turning, Passing and Receiving.	Netball Passing and Receiving, Refining Skills.	Hockey: Dribbling, Passing, Defending and Scoring.	Cricket: Batting, Bowling, Fielding.	Rounders: Refining skills and Tactics.	Athletics: Refining Skills
Year 5 Indoor	Gymnastics: Counter balance and Counter tension	Health Related Exercise Cardio, Flexibility and Strength.	Swimming (2021 – only catch up)	Orienteering: Using Maps, and Solving Clues	Badminton: Forehand, Backhand, Scoring and Serving.	Athletics: Refining Skills
Year 6 Outdoor	Communication and tactics Leadership, Collaboration and Communication.	Handball Refining skills and Umpiring.	Problem solving: Cooperation, Communication and Collaboration.	Cricket: Refining skills and Umpiring.	Tag Rugby Refining Skills	Hockey: Refining Skills

Year 6 Indoor	Basketball: Consolidating Skills	Tennis: Consolidating Skills	Athletics: Consolidating Skills.	Dance: Titanic	Health Related Exercise Consolidating Skills
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	Fundamental Skills		Gymnastics/Dance		Health and Wellbeing		Net-wall		Athletics
	Invasion games		Problem Solving Games		Striking and Fielding		Swimming		