

# PE Curriculum Overview

|                    | Autumn 1   | Autumn 2   | Spring 1   | Spring 2  | Summer 1   | Summer 2  |
|--------------------|--|--|--|---|--|---|
| <b>Key Stage 1</b> |  |  |  |   |  |   |
| <b>Year 1</b>      | <b>Unit 1</b><br><u>Sport:</u> Multi-Skills<br><br><u>Fitness:</u> Boot Camp | <b>Unit 2</b><br><u>Sport:</u> Ball games<br><br><u>Fitness:</u> Mighty Movers (running) | <b>Unit 3</b><br><u>Sport:</u> Groovy Gymnastics<br><br><u>Fitness:</u> Skip to the beat | <b>Unit 4</b><br><u>Sport:</u> Brilliant ball skills<br><br><u>Fitness:</u> Gymfit Circuits | <b>Unit 5</b><br><u>Sport:</u> Throwing and Catching (field games)<br><br><u>Fitness:</u> Cool Core (strength) | <b>Unit 6</b><br><u>Sport:</u> Active athletics<br><br><u>Fitness:</u> Fitness frenzy |
| <b>Year 2</b>      | <b>Unit 1</b><br><u>Sport:</u> Multi-Skills<br><br><u>Fitness:</u> Boot Camp | <b>Unit 2</b><br><u>Sport:</u> Ball games<br><br><u>Fitness:</u> Mighty Movers (running) | <b>Unit 3</b><br><u>Sport:</u> Groovy Gymnastics<br><br><u>Fitness:</u> Skip to the beat | <b>Unit 4</b><br><u>Sport:</u> Brilliant Ball skills<br><br><u>Fitness:</u> Gymfit circuits | <b>Unit 5</b><br><u>Sport:</u> Throwing and Catching<br><br><u>Fitness:</u> Cool core (strength)               | <b>Unit 6</b><br><u>Sport:</u> Active athletics<br><br><u>Fitness:</u> Fitness frenzy |
| <b>Key Stage 2</b> |  |  |  |   |  |   |
| <b>Year 3</b>      | <b>Unit 1</b><br><u>Sport:</u> Multi-Skills<br><br><u>Fitness:</u> Boot Camp | <b>Unit 2</b><br><u>Sport:</u> Ball games<br><br><u>Fitness:</u> Mighty Movers (running) | <b>Unit 3</b><br><u>Sport:</u> Groovy Gymnastics<br><br><u>Fitness:</u> Skip to the beat | <b>Unit 4</b><br><u>Sport:</u> Brilliant Ball skills<br><br><u>Fitness:</u> Gymfit Circuits | <b>Unit 5</b><br><u>Sport:</u> Throwing and catching (field games)<br><br><u>Fitness:</u> Cool Core            | <b>Unit 6</b><br><u>Sport:</u> Active athletics<br><br><u>Fitness:</u> Fitness frenzy |
| <b>Year 4</b>      | <b>Unit 1</b><br><u>Sport:</u> Invaders<br><br><u>Fitness:</u> Boot Camp     | <b>Unit 2</b><br><u>Sport:</u> Basketball<br><br><u>Fitness:</u> Mighty Movers (running) | <b>Unit 3</b><br><u>Sport:</u> Gym Sequences<br><br><u>Fitness:</u> Step to the beat     | <b>Unit 4</b><br><u>Sport:</u> Striking and fielding<br><br><u>Fitness:</u> Gymfit Circuits | <b>Unit 5</b><br><u>Sport:</u> Nimble Nets<br><br><u>Fitness:</u> Cool Core                                    | <b>Unit 6</b><br><u>Sport:</u> Active athletics<br><br><u>Fitness:</u> Fitness frenzy |
| <b>Year 5</b>      | <b>Unit 1</b><br><u>Sport:</u> Invaders<br><br><u>Fitness:</u> Boot Camp     | <b>Unit 2</b><br><u>Sport:</u> Basketball<br><br><u>Fitness:</u> Boot Camp               | <b>Unit 3</b><br><u>Sport:</u> Gym Sequences<br><br><u>Fitness:</u> Step to the Beat     | <b>Unit 4</b><br><u>Sport:</u> Striking and Fielding<br><br><u>Fitness:</u> Gymfit Circuits | <b>Unit 5</b><br><u>Sport:</u> Nimble Nets<br><br><u>Fitness:</u> Cool Core                                    | <b>Unit 6</b><br><u>Sport:</u> Active athletics<br><br><u>Fitness:</u> Fitness frenzy |
| <b>Year 6</b>      | <b>Unit 1</b><br><u>Sport:</u> Invaders<br><br><u>Fitness:</u> Boot Camp     | <b>Unit 2</b><br><u>Sport:</u> Basketball<br><br><u>Fitness:</u> Mighty Movers (running) | <b>Unit 3</b><br><u>Sport:</u> Gym Sequences<br><br><u>Fitness:</u> Step to the Beat     | <b>Unit 4</b><br><u>Sport:</u> Striking and Fielding<br><br><u>Fitness:</u> Gymfit Circuits | <b>Unit 5</b><br><u>Sport:</u> Nimble Nets<br><br><u>Fitness:</u> Cool Core                                    | <b>Unit 6</b><br><u>Sport:</u> Active athletics<br><br><u>Fitness:</u> Fitness frenzy |