



St Catherine's PE Curriculum Overview



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Transport and travel		Gross Motor Multi-skills		Games with rules	
Reception	Introduction to PE 1	Introduction to PE 2	Fundamental movement 2	Gymnastics	Ball skills 2	Team Games 2
	Fundamental movements 1	Gross Motor Multi-skills	Team games 1	Ball skills 1	Dance	Athletics
Year 1	Fundamentals	Sending and receiving	Target games	Dance	Fitness	Athletics
	Ball skills	Team Building	Gymnastics	Invasion games	Net and wall	Striking and fielding
Year 2	Team Building	Ball Skills	Target Games	Gymnastics	Dance	Striking and fielding
	Fundamentals	Invasion Games	Fitness	Skiping	Net and wall	Athletics
Year 3	OAA	Gymnastics	Dance	Fitness	Invasion Football	Invasion Dodgeball
	Fundamentals	Basketball	Ball skills	Striking and fielding <i>Cricket coaches</i>	Net and wall Badminton	Athletics
Year 4	Fundamentals	Ball skills	Invasion Hockey	Striking and fielding <i>Cricket coaches</i>	Net and wall Tennis	Athletics
	Fitness	Swimming	Dance	Gymnastics	Invasion Handball	OAA
Year 5	Fitness	Gymnastics	Net and wall Tennis	Striking and fielding <i>Cricket coaches</i>	Net and Wall Badminton	Athletics
	Swimming	Invasion games Netball	OAA	Football	Dance	Rugby
Year 6	Invasion Football	Gymnastics	Invasion Netball	OAA	Net and Wall Tennis	Athletics
	Fitness	Invasion Handball	Dance	Striking and fielding <i>Cricket coaches</i>	Striking and fielding Rounders	Swimming