

Physical Education Curriculum Overview



Dance

Invasion Games

Strike and Field

Net and Wall

Swimming

Gymnastics

Athletics

Health and Fitness

Multi Skills

OAA & Team Games

Leadership



Gymnastics Playground Games

Gymnastics
Pedpass Unit: 1
Floorwork

Playground Games
Developing fundamental
throwing, catching and
chasing games

Gymnastics Games – Multi Skills

Gymnastics
Pedpass Unit: 1
Appartus

Games – Multi Skills
Focus: Sending, receiving,
running and jumping

Health and Fitness Dance

Helath and Fitness
Fitness Programme KS1

Dance
Pedpass Unit 1
Toys

Health and Fitness Dance

Helath and Fitness
Fitness Programme KS1

Dance
Pedpass Unit 1
Penguin Small

Personal Best Challenges Strike and Field Intro

Personal Best Challenges
Introduction to Athletic
Events – Running,
Jumping and Throwing

Strike and Field
(Intro)
Vehicle = Modified Cricket

Personal Best Challenges Net and Wall Intro

Personal Best Challenges
Introduction to Athletic
Events – Running,
Jumping and Throwing

Net and Wall Games
(intro)
Vehicle = Tennis

Gymnastics Playground Games

Gymnastics
Pedpass Unit: 1
Floorwork

Playground Games
Developing fundamental
throwing, catching and
chasing games

Gymnastics Games – Multi Skills

Gymnastics
Pedpass Unit: 1
Appartus

Games – Multi Skills
Focus: Sending, receiving,
running and jumping

Health and Fitness Dance

Helath and Fitness
Fitness Programme KS1

Dance
Pedpass Unit 1
Growing Up

Health and Fitness Dance

Helath and Fitness
Fitness Programme KS1

Dance
Pedpass Unit 1
Pirates

Personal Best Challenges Strike and Field Intro

Personal Best Challenges
Introduction to Athletic
Events – Running,
Jumping and Throwing

Strike and Field
(Intro)
Vehicle = Modified Cricket

Personal Best Challenges Net and Wall Intro

Personal Best Challenges
Introduction to Athletic
Events – Running,
Jumping and Throwing

Net and Wall Games
(intro)
Vehicle = Tennis

YEAR
1

YEAR
2



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Dance

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Net and Wall

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Health and Fitness

Multi Skills

OAA & Team Games

Leadership



Invasion Games Gymnastics

Invasion Games
Pedpass Unit: 1
Vehicle = Football / Skittleball

Gymnastics
Pedpass Unit 3
Floorwork

Swimming Invasion Games

Swimming
STA Awards

Inasion Games
Pedpass Unit 2
Vehicle = Netball / Skittleball

Health and Fitness Gymnastics

Helath and Fitness
Helath and Fitness
Programme LKS2

Gymnatics
Pedpass Unit 3
Apparatus

Swimming Invasion Games

Swimming
STA Awards.

Invasion Games
Pepass Unit 2
Vehicle = Tag Rugby / Football

Dance Swimming

Dance
Pedpass Unit: 3
Machines

Swimming
STA Awards

Dance Gymnastics

Dance
Pedpass Unit 4:
Body Actions

Gymnastics
Pedpass Unit 4
Floorwork

Dance Swimming

Dance
Pedpass Unit 3:
Holidays

Swimming
STA Awards

Dance Gymnastics

Dance
Pedpass Unit 4:
Egyptians

Gymnastics
Pedpass Unit: 4
Apparatus

Strike and Field Swimming

Strike and Field
Pedpass Unit:1
Vehicle = Cricket

Swimming
STA Awards

Health and Fitness Strike and Field

Health and Fitness
Health and Fitness
Programme LKS2

Striking & Fielding
Pedpass Unit: 2
Vehicles = Cricket

Athletics Swimming

Athletics
Pedpass Unit:1
Running, Jumping and Throwing

Swimming
STA Awards

Net and Wall Athletics

Net and Wall
Pedpass Unit: 2
Vehicle = Tennis

Athletics
Pedpass Unit: 2
Running, Jumping and Throwing

YEAR 3

YEAR 4

Physical Education Curriculum Overview



Gymnastics		Invasion Games		Gymnastics		Health and Fitness		Dance		Leadership		Dance		OAA		Invasion Games		Athletics		Net and Wall		Strike and Field		 YEAR 5
																								
Gymnastics Pedpass Unit: 5 Floorwork		Invasion Games Pedpass Unit 3 Vehicle = Netball / Football		Gymnastics Pedpass Unit: 5 Apparatus		Health and Fitness Health and Fitness Programme UKS2		Dance Pedpass Unit 5 Space		Leadership Young Leaders Award		Dance Pedpass Unit 5 Space		OAA Pedpass Unit 1 Orienteering (Cannock Chase Orienting Day)		Invasion Games Pedpass Unit 3 Tag Rugby		Athletics Pedpass Unit 3 Running Tactically		Net and Wall Pedpass Unit3 Vehicle =Tennis		Striking & Fielding Pedpass Unit 3 Vehicles: Cricket & Rounders		

Gymnastics		Invasion Games		Gymnastics		Health and Fitness		Dance		Leadership		Dance		OAA		Invasion Games		Athletics		Net and Wall		Strike and Field		YEAR 6
																								
Gymnastics Pedpass Unit: 6 Floorwork		Invasion Games Pedpass Unit 4 Vehicle = Netball / Football		Gymnastics Pedpass Unit: 6 Apparatus		Health and Fitness Health and Fitness Programme UKS2		Dance Pedpass Unit 6 War		Leadership Young Leaders Award		Dance Pedpass Unit 6 War		OAA Pedpass Unit 2 Orienteering (Cannock Chase Orienting Day)		Invasion Games Pedpass Unit 4 Tag Rugby		Athletics Pedpass Unit 4 Running Tactically		Net and Wall Pedpass Unit 4 Vehicle =Tennis		Striking & Fielding Pedpass Unit 4 Vehicles: Cricket & Rounders		

