

SNAPE WOOD PRIMARY AND NURSERY SCHOOL PE CURRICULUM OVERVIEW 2022-2023

Year 1

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE	Gymnastics – Cities and landscapes Balance Roll Making shapes Weight on hands	Dance – The gunpowder plot	Gymnastics – Under the sea Balances Partner balances Rolls Jumping Sequences	Dance – Plants	Circuit Training Change direction Different jumps Moving with control Combining skills	Dance – Toys
PE Junior Jam Provision	Multi Skills Beginner	Games Beginner	Basketball Beginner	Football Beginner	Quick Cricket Beginner	Athletics Beginner

Year 2

PE	Gymnastics – Animals Balance Roll Making shapes Weight on hands	Dance – Seasons	Circuit Training Change direction Different jumps Moving with control Combining skills	Yoga Cosmic Yoga	Gymnastics – Traditional Tales Balances Partner balances Rolls Jumping Sequences	Dance – Starry Skies
PE Junior Jam Provision	Multi Skills Beginner	Games Beginner	Basketball Beginner	Football Beginner	Quick Cricket Beginner	Athletics Beginner

Year 3

PE	Gymnastics – Cities and landscapes Balance Roll Making shapes Weight on hands	Dance – The gunpowder plot	Gymnastics – Under the sea Balances Partner balances Rolls Jumping Sequences	Dance – Plants	Circuit Training Change direction Different jumps Moving with control Combining skills	Multiskills Bat and Ball
PE Junior Jam Provision	Multi sports intermediate Ball skills Hurdles Javelin Batting	Dodgeball intermediate Throwing Catching Dodging	Basketball intermediate Dribbling Passing Shooting Catching	Football Intermediate Dribbling Shooting Passing Tackling Blocking	Quick cricket intermediate Catching Throwing Batting Fielding	Athletics Intermediate Hurdles Javelin Discus Shot put Sprinting

Year 4

PE	Dance – Diwali the festival of light themed dance	Gymnastics – Shape and balance, Ancient Egypt Create shapes 3-4-point balances Routines Balance Movement	Dance - Water interpretive dance	Gymnastics - Movement Jumps and leaps Straddle forward roll Backward roll to straddle Straddle on vault Lunge into cartwheel	Handball Throwing Catching Passing Shooting Movement with and without the ball Teamwork Communication	OAA Orienteering and problem solving.
PE Junior Jam Provision	Multi sports intermediate Ball skills Hurdles Javelin Batting	Dodgeball intermediate Throwing Catching Dodging	Basketball intermediate Dribbling Passing Shooting Catching	Football intermediate Dribbling Shooting Passing Tackling Blocking	Quick cricket intermediate Catching Throwing Batting Fielding	Athletics Intermediate Hurdles Javelin Discus Shot put Sprinting

Year 5						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE Junior Jam Provision	Multi Sports Advanced Ball skills Hurdles Javelin	Dodge Ball Advanced Throwing Catching Dodging	Basketball Advanced Dribbling Passing Shooting Catching	Football Advanced Dribbling Shooting Passing Tackling Blocking	Quick Cricket Advanced Catching Throwing Batting	Athletics Advanced Hurdles Javelin Discus Shot Put Sprint High Jump Triple Jump
Year 6						
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE Junior Jam Provision	Multi Sports Advanced Ball skills Hurdles Javelin	Dodge Ball Advanced Throwing Catching Dodging	Basketball Advanced Dribbling Passing Shooting Catching	Football Advanced Dribbling Shooting Passing Tackling Blocking	Quick Cricket Advanced Catching Throwing Batting	Athletics Advanced Hurdles Javelin Discus Shot Put Sprint High Jump Triple Jump
PE	OAA Orienteering and Problem Solving	Dance - Electricity	Gymnastics - Movement Cat leap Stag leap Dive forward roll Pike Backward roll Straddle over vault Hurdle-step and cartwheel	Dance Through the Decades	Tag Rugby Passing Kicking Running Tackling/Tagging	Gymnastics – Rivers and Mountains Balance Weighted balance Counter balance Movement Body shapes Apparatus: ladders, climbing frames, vaults