


Halstead Community Primary School Curriculum Overview **P.E**


The knowledge and skills are covered in a two year cycle.

Cycle A

	Autumn Term		Spring Term		Summer Term	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Buds	Fundamental Movement Skills	Dance – Animals	Gymnastics	Multi Skills	Ball Skills	Games
Saplings (Year 1 units on PE Pro)	Fundamental Movement Skills Multi Skills	Dance – Island Life Functional Fitness	Gymnastics Multi Sports Term 1	Multi Sports Term 2 Fundamental Movement Skills	Multi-Skills Functional Fitness	Swimming
Oak (Year 3 units on PE Pro)	Fundamental Movement Skills Gymnastics	Multi Sports term 1 Dance	Invasion Games	Multi Skills	Functional Fitness Dodgeball	Athletics Striking and fielding
Willow (Year 5 units on PE Pro)	Football Fundamental movement	Swimming	Netball Gymnastics	Dance – Around the World Rugby	Cricket Tennis	Athletics OAA

NB. Forest School – Buds – Term 1, 4 and 5, Saplings – Yr2 Term 6, Oak – Terms 1, 4, 5 and 6

Cycle B

	Autumn Term		Spring Term		Summer Term	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Buds	Fundamental Movement Skills	Dance – Animals	Gymnastics	Multi Skills	Ball Skills	Games
Saplings (Year 2 units on PE Pro)	Fundamental Movement Skills Multi Sports Term 1	Functional Fitness Gymnastics	Multi Skills Dance – The Olympics (IPC Space invaders)	Games Functional Fitness	Fundamental Movement Skills Multi Skills	Swimming
Oak (Year 4 units on PE Pro)	Fundamental Movement skills Gymnastics	Multi Sports Term 2 Street Dance	Dodgeball	Functional Fitness	Invasion Games Multi Skills	OAA Athletics
Willow (Year 6 units on PE Pro)	Fundamental Movement Hockey	Swimming	Gymnastics Netball	Dodgeball Dance	Handball Badminton	Athletics Cricket

NB. Forest School – Buds – Term 1, 4 and 5, Saplings – Yr2 Term 6, Oak – Terms 1, 4, 5 and 6