



OUSTON PRIMARY SCHOOL PE CURRICULM OVERVIEW (CYCLE A)



| | Nursery | Reception | Year One | Year Two | Year Three | Year Four | Year Five | Year Six |
|-----------------|---|---|--|--|---|---|---------------------------------------|--|
| <i>Autumn 1</i> | Early Movement activities Access to outdoor area | Early Movement Skills / Rules & instructions Access to outdoor areas / gross motor | Games: Invasion ~ Throwing & Catching Large Ball Skills SAQ / Fundamental Movements | Games: Invasion ~ Throwing & Catching Large Ball Skills SAQ / Fundamental Movements | Games: Invasion ~ Large Ball Skills Gymnastics | Games: Invasion ~ Tag Rugby Swimming | Games: Invasion ~ Hockey Dance | Games: Football Games: Invasion ~ Tag Rugby |
| <i>Autumn 2</i> | Early Movement Skills | Movement Skills | Gymnastics OAA | Gymnastics OAA | Gymnastics Games: Invasion ~ Football | Dance Swimming | Gymnastics OAA | Health & Fitness Dance: Evolution |

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| <i>Spring 1</i> | Early Gymnastic skills | Early Gymnastics | Gymnastics | Gymnastics | Health & Fitness / circuits | Gymnastics | Gymnastics | Games: Invasion ~ Dodgeball / Benchball |
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| | | | Health & Fitness/Fundamental movement Skills (Balance co-ordination etc. skipping, circuits, aerobics activities) | Health & Fitness/Fundamental movement Skills (Balance co-ordination etc. skipping, circuits, aerobics activities) | Indoor athletics | Swimming | Indoor athletics | Gymnastics |
| <i>Spring 2</i> | Dance – musical statues | Dance – dancing dinosaurs / animals | Games: Small Ball Skills Games: Net & Wall | Games: Small Ball Skills Games: Net & Wall | Games: Net & Wall ~ Tennis Dance: Stone Age | OAA Swimming | Games: Invasion ~ Basketball Health & Fitness | Dance OAA |



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| <i>Summer 1</i> | Early Games & Movement Skills | Early Games Skills | Athletics Dance | Athletics Dance | Athletics Games: Invasion ~ Hockey | Athletics Swimming | Games: Striking & fielding ~ Cricket Health & Fitness | <i>Athletics</i> <i>Games: Net & Wall ~ Tennis</i> |
| <i>Summer 2</i> | Early Athletic Skills | Early Athletic Skills | Games: Striking & Fielding Athletics | Games: Striking & Fielding Athletics | Games: Striking & Fielding ~ Rounders Games | Games: Striking & Fielding ~ Cricket Swimming | Games: Striking & Fielding ~ Rounders Athletics | <i>Games: Striking & Fielding ~ Rounders & Cricket</i> <i>Athletics</i> |



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| Core tasks to support | | | | | | | |
| Dance | | <p>Moving along (transport)</p> <p>Themes and Dreams (based on any theme eg penguins, clowns, folk dance)</p> <p>Cat Dance</p> <p>How does it feel?</p> | <p>Machines</p> <p>Round the clock</p> <p>Indian Delight</p> | <p>Masquerade</p> <p>What's so funny?</p> <p>Making the grade</p> | | | |
| Gym | | <p>Making Shapes</p> <p>Unit 1 tasks 1 & 2</p> <p>Families of Actions</p> <p>Unit 2 tasks 1 & 2</p> | <p>Balancing Act</p> <p>Unit 3 task 1 & 2</p> <p>Partner Work</p> <p>Unit 4 tasks 1 & 2</p> | <p>Acrobatic Gymnastics</p> <p>Unit 5 tasks 1 & 2</p> <p>Group Dynamics (Y6)</p> <p>Unit 6 tasks 1 & 2</p> | | | |
| OAA | | <p>Where are we Going?</p> | <p>Communication Challenge</p> <p>Shipwrecked</p> <p>Safely across</p> | <p>Where Am I?</p> <p>Search & Rescue</p> <p>Crystal star Challenge</p> <p>Beat the Clock</p> <p>Electric fence</p> | | | |
| Athletics | | <p>Honey Pot</p> <p>Off, Up and Away</p> <p>Colour Match</p> | <p>Faster, Higher, Further</p> <p>Pass the Baton</p> <p>Furthest Five</p> | <p>Distance Challenge</p> <p>Take Aim</p> <p>Three Jump Challenge</p> | | | |



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| Games | | Beanbag Throw Rolla ball Kick Rounders Mini Tennis Ten Point Hoops Piggy in the Middle | Piggy in the Middle Three Touch Ball Skittles On the Attack End Zone Target Baggers Mini Tennis Arc Rounders Boundary Line Run the Loop | Fives & Threes Grid Rugby Tag Rugby Calling the Shots Long & Thin or Short & Fat What a Racket Run the Loop Zone Cricket Zone Rounders Runners Pairs Cricket |
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