



Crooksbar PE Curriculum Overview



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Agility, Coordination, Balance (Gymnastics)	Attack vs Defence, Coordination (Games for Understanding)	Locomotion	Throwing and Catching (Ball Skills Hands)	Coordination, Movement, Agility (Ball Skills – Rackets, Bats and Balls)	Coordination, Agility, Running (Ball Skills Feet)
Year 1	Agility, Coordination, Balance (Gymnastics)	Attack vs Defence, Coordination (Games for Understanding)	Rhythm, coordination, movement (Dance)	Throwing and Catching (Ball Skills Hands)	Coordination, Movement, Agility (Ball Skills – Rackets, Bats and Balls)	Coordination, Agility, Running (Ball Skills Feet)
Year 2	Agility, Coordination, Balance (Gymnastics)	Attack vs Defence, Coordination (Games for Understanding)	Rhythm, coordination, movement (Dance)	Ball Skills Hands	Coordination, Movement, Agility (Ball Skills – Rackets, Bats and Balls)	Coordination, Agility, Running (Ball Skills Feet)
Year 3	flexibility, strength, technique, control and balance (Gymnastics)	Throwing, Catching, Team skills, Agility (Dodgeball)	Coordination, Agility, Rhythm, Movement (Dance)	Attacking, Defending, Throwing, Catching (Netball)	Throwing, Catching, Agility, Coordination (Rounders)	Attacking, Defending, Team Skills, Coordination, Agility (Football)
Year 4	flexibility, strength, technique, control and balance	Throwing, Catching, Team skills, Agility (Dodgeball)	Coordination, Agility, Rhythm, Movement (Dance)	Attacking, Defending, Throwing, Catching, Agility	Throwing, Catching, Agility, Coordination (Rounders)	Attacking, Defending, Team Skills, Coordination, Agility

	(Gymnastics)			(Netball)		(Football)
Year 5	flexibility, strength, technique, control and balance (Gymnastics)	Throwing, Catching, Team skills, Agility (Tag Rugby)	Coordination, Agility, Rhythm , Movement (Dance)	Attacking, Defending, Coordination, Accuracy (Hockey)	Throwing, Catching, Agility, Coordination (Cricket)	Attacking, Defending, Team Skills, Coordination, Agility (Football)
Year 6	flexibility, strength, technique, control and balance (Gymnastics)	Throwing, Catching, Team skills, Agility (Tag Rugby)	Coordination, Agility, Rhythm , Movement (Dance)	Attacking, Defending, Coordination, Accuracy (Hockey)	Throwing, Catching, Agility, Coordination (Cricket)	Attacking, Defending, Team Skills, Coordination, Agility (Football)