

# P.E. spiral curriculum overview

## Blue Phase

**Autumn 1:** Ball Skills/invasion games (dodgeball/football skills – kicking & throwing tactics)  
**Autumn 2:** Dance & movement  
**Spring 1:** Gymnastics/sequences control & refine  
**Spring 2:** Games net/tennis  
**Summer 1:** Striking/fielding cricket/tennis/rounders  
**Summer 2:** Athletics – Javelin, shot, dance, sprinting, distance  
**Swimming** - all way through – Blue 3 & 4 Aut 1 → Spr 2; Blue 1 & 2 Spr 2 → Sum 2 2<sup>nd</sup> half of year – Year 6 swimmers who need extra lessons to continue with sensory group.

## Yellow Phase

**Autumn 1:** Games/indoor – intro to competition/dodgeball  
**Autumn 2:** Dance & movement (music)  
**Spring 1:** Gymnastics/balance, co-ordination  
**Spring 2:** Net games/seated volleyball/badminton  
**Summer 1:** Striking/fielding cricket/Year 1 intro throwing and catching  
**Summer 2:** Athletics/multi skills – run, jump, throw

## Red Phase

### Red 1 & 3

**Autumn 1:** Games indoor – gross motor skills  
**Autumn 2:** Movement development – balancing, co-ordination  
**Spring 1:** Warming up/movement ideas/gymnastics basic moves  
**Spring 2:** Target games – Boccia/net activities, throwing & catching  
**Summer 1:** Fun & games – indoor/outdoor awareness (spatial) movement, ball, parachute  
**Summer 2:** Sports Day – throwing, catching, jumping, multi skills

### Red 2:

**Autumn 1:** Moving & handling, throw, catch, kick **EYFS** Observation & assessment of children moving, establish routines

**Autumn 2:** Moving & handling, creative dance EYFS Action rhymes

**Spring 1:** Moving & handling, travelling -over, under, through/ Unit 2 throw, catch, kick

**Spring 2:** Dance a story – creative dance/throwing & catching

**Summer 1:** Over, under, through – balancing, kicking & dribbling

**Summer 2:** Dance to known songs/striking skills/sports day practice

## EYFS Purple Class

### Personal Body Awareness:

Gross & fine motor exploration, avoids obstacles, bends/crouches with increasing control, climbing steps – with rail/no rail, kicking, rolling, throwing, special awareness, pincer grip.

\*Links to music and movement which falls in creative also.