

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
 2nd 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.