

PE Curriculum Overview Grasmere Academy

Swimming - Children from Year 3 - 6 will go swimming every year

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Moving in different ways	Simple apparatus	Simple Gymnastics	Moving to music	Rolling and kicking a ball	Relay races and games
Reception	Body Management 1	Speed, agility travel 1	Body Management 2	Manipulation and coordination 1	Manipulation and coordination 2	Cooperate and solve problems 1
	Gymnastics 1	Gymnastics 2	Dance 1	Dance 2	Speed, agility travel 2	Relay races
Year 1/2	Gymnastics 1	Gymnastics 2	Dance 2	Send and return 1	Run jump throw 1	Run jump throw 2
	Hit catch run 1	Dance 1	Hit catch run 2	Attack defend and shoot	Send and return 2	Relay races
Year 3	Gymnastics balance,roll, jumps	Gymnastics sequences/ apparatus	Hockey	Tag Rugby	Tennis	Athletics field
	Dance	Circuit training Fitness	Netball	Circuit training	Athletics track/ Rounders	Quick cricket
Year 4/5	Gymnastics balance,roll, jumps	Gymnastics sequences/ apparatus	Hockey	Netball	Tennis	Tag rugby
	Circuit training Fitness	Dance	Football	Badminton	Athletics track/ Rounders	Athletics field/ Quick cricket
Year 6	Gymnastics	Badminton	Netball	Hockey	Tennis	Athletics
	Circuit training Fitness	Dance	Football	Tag Rugby	OAA	Rounders

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ARP	Gymnastics balance,roll, jumps	Gymnastics sequences/ apparatus	Hockey	Netball	Tennis	Athletics field
	Dance	Circuit fitness training	Tag rugby	Circuit Training	Athletics track/ Rounders	Quick cricket

Children will do the daily mile everyday