



# ELTHAM

CHURCH OF ENGLAND  
PRIMARY SCHOOL  
SINCE 1814

## PE CURRICULUM OVERVIEW

Term/Year Group	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Ball Skills - Hands 1 Locomotion - Walking	Health and Wellbeing Locomotion - Running 1	Gymnastic - Linking Ball Skills - Hands 1	Dodgeball Tri-Golf	Gymnastics - Bridges Tennis Gregory - Swimming	Gymnastics - Counter Balance Football Intensive Swimming	Dance - Carnival Health and Related Exercise Netball
Autumn 2	Gymnastics - Moving Ball Skills - Feet	Gymnastics - Wide, Narrow, Curled Ball Skills Feet	Gymnastic - Pathways Locomotion - Dodging	Gymnastic - Symmetry and Asymmetry Athletics - Running, Throwing and Standing Long Jump	Hand Ball Tag Rugby Gregory - Swimming	Dance - The Circus Tag Rugby	Gymnastics - Matching and Mirroring Netball Tag Rugby
Focus Athlete	Mo Farah Athletics	Dina Asher-Smith Athletics	Simone Biles Gymnastics	Tiger Woods Golf	Andy Murray Tennis	Marcus Rashford Football	Hannah Cockcroft Athletics
Spring 1	Gymnastics - High, Low, Under, Over Games for Understanding	Dance - Growing Locomotion - Jumping 1	Dance - Exploring Ball Skills - Feet	Dance - Wild Animals Football	Gymnastics - Bridges Football Nesbit - Swimming	Gymnastics - Counter Balance Basketball	Gymnastics - Key Steps 3 Football
Spring 2	Dance - Nursery Rhymes Locomotion - Jumping	Dance - The Zoo Ball Skills Hands 1	Locomotion - Jumping Ball Skills - Hands 2	Gymnastics - Key Steps 2 Basketball	Dance - Space Basketball Nesbit Swimming	Seated Volleyball Tennis	Dance - Titanic Cricket
Focus Athlete	Greg Rutherford Athletics	LeBron James Basketball	Ashley Banjo Dance	Louis Smith Gymnast	Luol Deng Basketball	Serena Williams Tennis	Sir Alistair Cook Cricket
Summer 1	Dance - Ourselves Ball Skills - Hands 2	Gymnastics - Body Parts Games for Understanding	Dance - Water Team Building - Orienteering	Dance - Weather Tennis	Dodgeball Athletics	Dodgeball Athletics	Dodgeball Athletics
Summer 2	Sports Day Activities Ball Skills - Feet (Extend from Autumn Term)	Team Building Ball Skills Hands 2	Health and Wellbeing Games for Understanding	Gymnastics - Key Steps 2 Cricket Orienteering	Gymnastics - Key Steps 2 Cricket Orienteering	Gymnastics - Key Steps 3 Cricket Orienteering	Gymnastics - Key Steps 3 Rounders Orienteering
Focus Athlete	Kadeena Cox Cycling/Athletics	Dame Tanni-Grey Thompson Athletics	Cristiano Ronaldo Football	Alfie Hewett Tennis	Sarah Storey Cycling/Swimming	Heather Knight Cricket	Jonah Lomu Rugby

**NB Year 4 - Due to swimming the activities may take place in a different order.**

**Ultimate Frisbee to be introduced once resources are in school**

**The Children's Health Project - Two selected lessons per term. The remaining lessons can be used in class or for homework. As the lessons are in phases, the first five lessons for the younger class and lesson 6 - 10 for the older class in each phase.**