



PE Curriculum

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Introduction to PE	Drills and games	Football	Ball Skills	Problem Solving	Athletics
	Move steadily on feet in a variety of ways; walk in a straight line; ride a tricycle.	Jump into the air; show preference for dominant hand	Move adjusting speed and direction to match task.	Use a range of tools and equipment.	Use scissors to make snips	Hold a pencil correctly; thread small items
Reception	Introduction to PE	Fundamentals	Gymnastics	Ball Skills	Problem Solving	Athletics
	Moving in different ways; using zips and buttons independently; change for PE.	Catch and throw; independent changing; carry own things.	Move adjusting speed and direction to avoid objects; move up, over and through equipment.	Move in different ways more difficult to coordinate, (e.g. skipping).	Use a range of tools and equipment.	Move energetically when running, jumping, dancing, hopping, etc.
Year 1	Introduction to PE	Fundamentals	Gymnastics	Attack, Defend and Shoot	Hit, Catch and Run	Athletics
	Real PE Unit 1 - Personal skills	Real PE Unit 2 - Social skills	Real PE Unit 3 - Cognitive skills	Real PE Unit 4 - Creative skills	Real PE Unit 5 - Physical skills	Real PE Unit 6 - Health and fitness
Year 2	Ball Skills	Fundamentals	Gymnastics	Attack, Defend and Shoot	Hit, Catch and Run	Athletics
	Real PE Unit 1 - Personal skills	Real PE Unit 2 - Social skills	Real PE Unit 3 - Cognitive skills	Real PE Unit 4 - Creative skills	Real PE Unit 5 - Physical skills	REAL PE Unit 6 - Health and fitness
Year 3	Basketball	Football	Gymnastics	Hockey	Cricket Rounders	Athletics
	Real PE Unit 1 – Personal Skills	Real PE Unit 2 – Social Skills	Real PE Unit 3 – Cognitive Skills	Real PE Unit 4 – Creative Skills	Real PE Unit 5 – Physical Skills	Real PE Unit 6 – Health and Fitness
Year 4	Basketball	Football	Gymnastics	Hockey	Cricket Rounders	Athletics
	Real PE Unit 1 – Personal Skills	Real PE Unit 2 – Social Skills	Real PE Unit 3 – Cognitive Skills	Real PE Unit 4 – Creative Skills	Real PE Unit 5 – Physical Skills	Real PE Unit 6 – Health and Fitness
Year 5	Basketball	Football	Gymnastics	Hockey	Cricket Rounders	Athletics
	Real PE Unit 1 – Cognitive Skills	Real PE Unit 2 – Creative Skills	Real PE Unit 3 – Social Skills	Real PE Unit 4 – Applying Physical Skills	Real PE Unit 5 – Health & Fitness	Real PE Unit 6 – Personal Skills
Year 6	Basketball	Football	Gymnastics	Hockey	Cricket Rounders	Athletics
	Real PE Unit 1 – Cognitive Skills	Real PE Unit 2 – Creative Skills	Real PE Unit 3 – Social Skills	Real PE Unit 4 – Applying Physical Skills	Real PE Unit 5 – Health & Fitness	Real PE Unit 6 – Personal Skills