

St Joseph's PE Curriculum Overview
2023 - 2024

EYFS and KS1						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	Body management	Dance	Gymnastics	Cooperate & Solve Problems	Manipulation & Coordination Swimming	Speed Agility Travel Swimming
Year 1	Send and Return unit 1	Gymnastics unit 1	Gymnastics unit 2	Attack Defend Shoot	Run Jump Throw	Hit Catch Run unit 2
	Dance unit 1	Send and Return unit 2	Hit Catch Run unit 1	Attack Defend Shoot	Swimming	Swimming
Year 2	Send and Return unit 1	Dance unit 2	Gymnastics unit 1	Gymnastics unit 2	Run Jump Throw unit 1	Hit Catch Run unit 2
	Dance unit 1	Send and Return unit 2	Hit Catch Run unit 1	Attack Defend Shoot unit 1	Swimming	Swimming
KS2						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Gymnastics unit 1	Tag Rugby	Gymnastics unit 2	Hockey	Athletics	Cricket
	Basketball	Dance	Badminton	Tennis	Swimming	Swimming
Year 4	Netball	Dance unit 1	Gymnastics	Tag Rugby	Athletics	Rounders
	Basketball	Dance unit 2	Badminton	Football	Swimming	Swimming
Year 5	Gymnastics	Tag Rugby	Football	Tennis	Athletics	Cricket
	Basketball	Handball	Badminton	Netball	Swimming	Swimming
Year 6	Netball	Football	Gymnastics	Tennis	Athletics	Rounders
	Football	Dance	Basketball	Handball	Swimming	Swimming