

PE Programme of Study by Year group 2022-2023

Yr	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
N	Introduction to PE unit 1	Ball Skills unit 1	Dance unit 1	Fundamentals unit 1	Games unit 1	Gymnastics unit 1
R	Introduction to PE unit 2	Ball skills unit 2	Dance unit 2	Fundamentals unit 2	Games unit 2	Gymnastics unit 2
1	Gym/Target	Dance/Team Building	Sending and Receiving/Invasion	Fitness/Net and wall	Fundamentals/Ball Skills	Athletics/ Striking and fielding
2	Gym/Target	Dance/Team Building	Sending and Receiving/Invasion	Fitness/Net and wall	Fundamentals/Ball Skills	Athletics/ Striking and fielding
3	Gym/ Games - Football	Hockey/ Games - Basketball	Dance/ Games – Netball	Outdoor and adventurous activities/ Games - Tennis	Games – Tag Rugby/ Games - Cricket	Athletics/ Rounders
4	Gym/ Games - Football	Hockey/ Games - Basketball	Dance/ Games - Netball	Games – Outdoor and adventurous activities/ Games – Tennis	Games – Tag Rugby/ Games - Cricket	Athletics/ Rounders
5	Swimming/ Games - Football	Swimming/ Basketball	Swimming/ Games - Dance	Swimming/ Tennis	Swimming/ Games - Rounders	Swimming/ Athletics
6	Gym/ Games - Football	Hockey/ Games - Basketball	Games - Netball/ Games – Dance	Games - Handball/ Games - Tennis	Athletics/ Games - Rounders	Outdoor and adventurous activities/ Games - Cricket