Woodhouse Primary School PE Curriculum Overview

Year One	Net & wall game skills Fundamental movement skills	Striking & Fielding game skills Gymnastics: balancing and spinning on points and patches	Locomotion Gymnastics: wide, narrow and curled rolling and balancing	Yoga Dance	Target games Invasion games	Dance Athletics
Year Two	Fundamental Movement skills Net and Wall skills	Dance Gymnastics: Spinning, Turning and twisting	Dance Target Games	Invasion game skills Gymnastics: stretching, curling & arching	Tri Golf Yoga	Athletics Striking and Field Game Skills
Year Three	Gymnastics: linking movements together Basketball	Dance Yoga	Gymnastics Handball	Swimming Hockey	Swimming Gymnastics: Symmetry and Asymmetry	Swimming Athletics
Year Four	Handball Tag Rugby	Dance Gymnastics: Arches and Bridges	Gymnastics: Pushing and Pulling OAA	Dance Dodgeball	Athletics Rounders	Invasion Games Tennis
Year Five	Hockey Cricket	Dodgeball Lacrosse	OAA Gymnastics: Matching, mirroring & contrast	Gymnastics: Synchronisation & cannon Netball	Dance Athletics	Tennis Rounders
Year Six	Tag rugby Handball	Health Related Fitness Dance	Gymnastics: Counter balance and counter tension Dodgeball	Hockey Cricket	Athletics Rounders	Tennis Health Related Fitness