



Sandy Hill Academy Curriculum Overview 2021-22 – Physical Education



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	In our Nursery and Reception class, aspects of Physical Development are taught on a daily basis through continuous provision areas, outdoor activities, Understanding of the World, Literacy, Mathematics and specific fine motor activities such as 'Funky Fingers' and 'Dough Gym.' In addition to this, we have trialed and continue to use the 'Healthy Movers' Youth Sport Trust to develop the knowledge, skills and confidence young children need to develop physically, socially and emotionally					
Reception	Locomotion: Jumping	Ball Skills Hands 1	Dance: Nursery Rhymes	Gymnastics: Moving	Ball Skills Feet	Games for Understanding
Year 1	Locomotion: Running Gymnastics: Wide, Narrow and Curled	Ball Skills Hands 1 Dance: The Zoo	Dance: Growing Ball Skills Hands 2	Invasion: <small>Football/Ball Skills Feet</small> Gymnastics: Body Parts	Locomotion: Jumping Games for Understanding	Health and Wellbeing Team Building
Year 2	Locomotion: Dodging Gymnastics: Linking	Ball Skills Hands 1 Dance: Explorers	Dance: Water Ball Skills Hands 2	Invasion: <small>Football/Ball Skills Feet</small> Gymnastics: Pathways	Locomotion: Jumping Games for Understanding	Health and Wellbeing Team Building
Year 3	Invasion: Netball Gymnastics: Symmetry, Asymmetry	Invasion: Basketball OAA: Communication	Dance: Wild Animals Invasion: Tag Rugby	Invasion: Football OAA: Problem Solving	Swimming Net and Wall: Tennis	Athletics Striking and Fielding: Rounders
Year 4	Invasion: Netball Gymnastics: Bridges	Invasion: Basketball OAA: Communication	Dance: Cats Invasion: Tag Rugby	Invasion: Football OAA: Problem Solving	Swimming Net and Wall: Tennis	Athletics Striking and Fielding: Rounders

Year 5	Invasion: Netball Gymnastics: Counter Balance and Counter Tension	Invasion: Basketball Health Related Exercise	Dance: The Circus Invasion: Tag Rugby	Invasion: Football OAA: Communication	Striking and Fielding: Cricket Net and Wall: Tennis	Athletics Swimming
Year 6	Invasion: Netball Gymnastics: Matching and Mirroring	Invasion: Basketball Health Related Exercise	Dance: Titanic Invasion: Tag Rugby	Invasion: Football OAA: Orienteering	Striking and Fielding: Cricket Net and Wall: Tennis	Athletics Swimming

Linked to resource: Complete PE