



Gayhurst Community School PE Curriculum Overview



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS PE Coach HHH	Fundamental Movement Look, Run, Avoid	Balance Travel, Balance, Climb	Dance Gymnastics Inspire, Create, Perform	Co-ordination Ball skills Think, Aim, Throw	Agility Hands, Feet & Equipment	Multi skills and Athletics Play, Move, Explore
1 Teacher	Invasion (Basketball)	Personal Best	Dance	Multisport	Problem solving	Athletics Sports day Prep
PE Coach HHH	Basics Fundamental movements and skills Look, Run, Avoid	Athletics Run, Throw, Jump	Multi Skills Play, Move, Explore	Invasion skills Play, Move, Explore	Striking & Feilding skills (Cricket) Aim, Strike, Retrieve Sports Day prep	Basketball skills Play, Move, Explore
Gymnastics: Pupils should be taught to: <ul style="list-style-type: none"> - Balance and move over, under and through apparatus, creating a variety of shapes with the body and distinguishing a well-performed move. - Combine movements, actions and balances, individually or collectively, to create a fluid routine. - Combine and perform gymnastic actions, using the whole body, adapting movements and balances to a routine so they fit into a sequence. 						
2 Teacher	Personal best Challenge	Invasion Games	Dance	Net & Wall games	Multi Skills	Athletics Sports day Prep
PE Coach HHH	Fundamental movements and skills Look, Run, Avoid	Invasion skills Dual, Win, Lose	Basketball skills Play, Move, Explore	OAA (Outdoors) Travel & Discover	Athletics Run, Throw, Jump Sports Day prep	Net & Wall skills (Tennis) Serve, Set, Slam





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3 Teacher	OAA (Outdoors)	Invasion Games (Basketball)	Dance	Invasion Games (Handball)	Multi Skills	Athletics Sports Day prep
PE Coach HHH	Bee Netball skills Including everyone	Tag Rugby Skills Evade, Invade, Capture	Hockey Skills Competition as a team	OAA (Outdoors) Travel & Discover	Athletics Run, Throw, Jump Sports Day prep	Tennis Skills Serve, Set, Slam
4 Teacher	Invasion Games (Basketball)	OAA (Outdoors)	Dance	Net & Wall Games (Mini Tennis Skills)	Multi Skills	Athletics Sports day Prep
PE Coach HHH	Bee Netball skills Including everyone	Tag Rugby Skills Evade, Invade, Capture	Hockey Skills Competition as a team	OAA (Outdoors) Travel & Discover	Athletics Run, Throw, Jump Sports Day prep	Tennis Skills Serve, Set, Slam
5 Teacher	Personal best Challenge	OAA (Outdoors)	Dance	Invasion Games (Basketball)	Striking & Fielding (Rounders)	Athletics
PE Coach HHH	Bee Netball Including everyone	Tag Rugby Evade, Invade, Capture	Hockey Competition as a team	Athletics Run, Throw, Jump	Tennis Serve, Set, Slam Sports Day Prep	Cricket Striking & Fielding Aim, Strike, Retrieve
Swimming: Pupils should be taught to: -swim competently, confidently and proficiently over a distance of at least 25 meters - use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] -perform safe self-rescue in different water-based situations.						
6 Teacher	Personal best Challenge	OAA (Outdoors)	Dance	Invasion Games (Basketball)	Striking & Fielding (Rounders)	Athletics Sports day Prep





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PE Coach HHH	Bee Netball Including everyone	Tag Rugby Evade, Invade, Capture	Hockey Competition as a team	Athletics Run, Throw, Jump	Tennis Serve, Set, Slam Sports Day Prep	Cricket Aim, Strike, Retrieve
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Health and fitness

- Are physically active for sustained periods of time
- Lead healthy, active lives
- Understand and apply the long-term health benefits of physical activity
- Get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle

