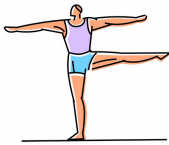
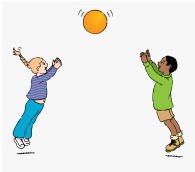




Hoylake Holy Trinity Physical Education Curriculum Overview Cycle B

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
F2	Fundamental Skills Agility, Balance, Coordination, Throwing, Catching, Jumping and Kicking. 		Gymnastic Travelling, Jumping, Balancing, Rocking and Rolling. 		Dance Activities Themed activities linked to stories and rhymes developing controlled movements and actions with changes in speed and direction. 	
Year 1/2	Gymnastics (shapes and travelling) 	Dance (related to topic or Music topic) 	Yoga 	Gymnastics 	Dance (Linked to Music theme 'Friendship/Pop') 	Games (Sports Day events) 
	Games (agility and coordination) 	Games (Throwing and catching) 	Games (Kicking and striking) 	Games (revision of skills/competitions) 	Athletics (travelling and throwing) 	Athletics (jumping and competition) 



Year 3/4	Invasion Games Basketball 	Invasion Games Hockey 	Net games Tennis 	Invasion Games Netball 	Fielding and striking games Rounders 	Team games focusing on problem-solving 
	Health and Fitness (inc. Yoga) 	Gymnastics 	Gymnastics 	Dance – Around the world 	Athletics 	Athletics 
Year 5/6	Health and Fitness (inc. Yoga) 	Gymnastics (Gymnastic shapes and travelling) 	Dance (Dance Timeline or topic related) 	Gymnastics (Gymnastic shapes and travelling) 	Striking and Fielding Games Cricket/Rounders 	Team Games Focusing on problem solving, team work, communications and designing maps (OAA) 
	Invasion Games Football 	Invasion Games Netball 	Invasion Games Tag Rugby 	Net games Tennis/Badminton 	Athletics (Running, Jumping and throwing) 	Athletics (Running, Jumping and throwing) 