



ST MARY'S C.E. PRIMARY & NURSERY SCHOOL

Whole School Physical Education Curriculum Plan

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS	Forest school Area: Autumn Time Focus on: Free movement	Forest school Area: Growing Focus on: Different movements & object control	Forest School Area: Space Focus on: Speed & healthy food	Forest School Area: On the farm Focus on: Teamwork & object movement	Forest School Area: Mini-Beasts Focus on: More movement & object control	Forest School Area: At the beach Focus on: More movement & object control
Years 1	Forest school Area: Dance Focus on: Balance	Forest school Area: H.R.E Focus on: Introducing body functions & changes	Forest School Area: Gymnastics Focus on: Command response & movement	Forest School Area: Multi-skills Focus on: Agility & coordination	Forest School Area: Striking & fielding Focus on: Ball control & movement	Forest School Area: Athletics Focus on: speed, movement & endurance
Year 2	Forest school Area: Gymnastics Focus on: Balance	Forest school Area: Dance Focus on: Body functions at different intensities	Forest School Area: H.R.E Focus on: Command response & sequenced movements	Forest School Area: Multi-skills Focus on: Agility & coordination	Forest School Area: Striking & fielding Focus on: Ball control & movement	Forest School Area: Athletics Focus on: running, jumping & throwing
Year 3	Forest school Area: Gymnastics Focus on: Travel & balance	Forest school Area: Dance Focus on: Body functions at different intensities	Area: Rugby Focus on: Speed & movement with a ball Area: H.R.E Focus on: response & movements	Area: Tennis Focus on: Rules, grip & control Area: Multi-skills Focus on: Agility & coordination	Area: Cricket Focus on: Striking & fielding Area: Invictus Focus on: Problem solving	Area: Athletics Focus on: running, jumping & throwing Area: Badminton Focus on: Rules, grip & service
Year 4	Area: Football Focus on: Controlling, passing & shooting Area: Gymnastics Focus on: Travel & balance	Area: Basketball Focus on: Dribbling, passing, shooting & rules Area: H.R.E Focus on: Body functions at different intensities	Forest school Area: Dance Focus on: response & movements	Area: Tennis Focus on: Rules, grip & control Area: Multi-skills Focus on: Agility & coordination	Area: Cricket Focus on: Striking & fielding Area: Invictus Focus on: Problem solving	Area: Athletics Focus on: Key events & maximising performance Area: Badminton Focus on: Rules, grip & service



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Year 5	Swimming	Swimming	Area: Rugby Focus on: Speed, movement with a ball & passing Area: Dance Focus on: response & movements	Forest School Area: Gymnastics Focus on: Developing & holding balances	Area: Cricket Focus on: Striking & fielding Area: Invictus Focus on: Problem solving	Area: Athletics Focus on: Key events & maximising performance Area: Badminton Focus on: Grip, service & competitive games
Year 6	Area: Invasion games Focus on: Football Area: Dance Focus on: Travel & balance	Area: Basketball Focus on: Dribbling, passing, shooting Area: H.R.E Focus on: Body functions at different intensities	Area: Rugby Focus on: Speed, movement with a ball & passing Area: Gymnastics Focus on: response & movements	Area: Tennis Focus on: Rules, grip & control Area: Multi-skills Focus on: Agility & coordination	Area: Cricket Focus on: Striking & fielding Area: Invictus Focus on: Problem solving	Area: Athletics Focus on: Key events & maximising performance Area: Badminton Focus on: Grip, service & competitive games