



Curriculum Overview – Physical Education (PE) – 2023/24

Whole School Learning Theme	How does being active impact on my physical and mental wellbeing?					
Curriculum Drivers	Aspiration, Wellbeing, Pride					
Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Fitness	Gymnastics	Dance	Sending & Receiving	Striking & Fielding	Net & Wall
	Fundamentals	Yoga	Target Games	Team Building	Athletics	Fitness
2	Fundamentals	Gymnastics	Dance	Ball Skills	Striking & Fielding	Invasion Games
	Commando Joe's			Sending & Receiving	Athletics	Fitness
3	Swimming					
	Commando Joe's			Football	Athletics	Cricket
4	Tennis	Gymnastics	Dodgeball	Dance	Athletics	Cricket
	Commando Joe's			Hockey	Netball	Tag Rugby
5	Swimming					
	Commando Joe's			Football	Athletics	Basket Ball
6	Tag Rugby	Volleyball	Dance	Dodgeball	Basketball	Cricket
	Commando Joe's			Hockey	Athletics	Tennis