



Oxbridge Lane Primary School P.E. Curriculum Overview 2024 - 2025



Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Nursery	Gross motor skills and Fine motor skills											
Reception	Gymnastics : High, Low, Over, Under	Locomotion : Walking 1	Dance : Nursery Rhymes	Gymnastics : Moving	Ball Skills : Hands : Hands 1	Yoga Bugs	Ball Skills : Feet : Feet 1	Locomotion : Jumping : Jumping 1	Ball Skills : Hands : Hands 2	Attack v Defence : Games For Understanding	Dance : Dinosaurs	Jump Start Johnny
Year 1	Gymnastics : Body Parts	Attack v Defence : Games For Understanding	Dance : The Zoo	Gymnastics : Wide, Narrow, Curled	Ball Skills : Hands : Hands 1	Locomotion : Running : Running 1	Ball Skills : Feet : Feet 1	Health and Wellbeing :	Team Building : Team Building	Locomotion : Jumping : Jumping 1	Ball Skills : Rackets Bats and Balls	Ball Skills : Hands : Hands 2
Year 2	Dance : Mr Candy's Sweet Factory	Attack v Defence : Games For Understanding	Gymnastics : Linking	Ball Skills : Hands : Hands 1	Ball Skills : Hands : Hands 2	Locomotion : Dodging : Dodging 1	Health and Wellbeing :	Attack v Defence : Games For Understandin g	Ball Skills Feet: Feet 1	Ball Skills : Rackets Bats and Balls	Locomotion : Jumping : Jumping 1	Team Building : Team Building
Year 3	Dance : Wild Animals	Games : Invasion : Basketball	Gymnastics : Symmetry & Asymmetry	Games : Invasion : Hockey	Games : Net/Wall : Tennis	Games : Invasion : Dodgeball	Outdoor Adventure Activities : Tactics and communicatio n	Health & Wellbeing Mindfulness	Games : Striking & Fielding : Cricket	Athletics : Athletics	Athletics : Throwing & Jumping	Games : Striking & Fielding : Rounders
Year 4	Gymnastics : Bridges	Games : Invasion : Hockey	Dance : Cats	Games : Invasion : Basketball	Games : Net/Wall : Tennis	Games : Invasion : Dodgeball	Swimming Problem Solving	Health & Well Being	Games : Striking & Fielding : Rounders	Athletics : Athletics	Games : Striking & Fielding : Cricket	Athletics : Throwing & Jumping
Year 5	Gymnastics : Counter Balance & Counter Tension	Games: Invasion : Hockey	Dance : The Circus Swimming	Games: Invasion : Basketball	Games : Net/Wall : Badminton	Games : Invasion : Dodgeball	Outdoor Adventure Activities : Problem Solving	Health Related Exercise	Athletics : Athletics	Games : Striking & Fielding : Cricket	Athletics : Throwing & Jumping	Games : Striking & Fielding : Rounders

