



Phoenix Arch Primary School PE Curriculum Plan 2023-2024

	EYFS/Year 1	Year 1/Year 2 Cherry	Year 3 Willow	Year 4 Cedar	Year 5/6 Rowan	Year 5/6 Ash	Year 3,4,5,6 Juniper
Autumn Term 1	Movement and Development	Golf: Using a golf club Hitting a target	Football: Passing Control Shooting Team games	Swimming	Football: Passing Attacking Defending	Gymnastics: Using equipment within developed routines	Golf: Sending a ball to a location
Autumn Term 2	Ball Skills	Basketball: Bouncing Movement – self and ball	Golf: Putting	Golf: Putting Chipping	Swimming	Basketball: Attacking Defending	Basketball: Catching Throwing Bouncing
Spring Term 1	Throwing and catching	Football: Control Passing	Gymnastics: Sequencing Balancing	Gymnastics: Sequencing Introduction to performances	Gymnastics: Developing routines and performances	Swimming	Gymnastics: Travelling Shapes Balance
Spring Term 2	Fun and Games	Orienteering: Working with others Problem solving	Orienteering: Indoor mapping	Orienteering: Indoor mapping (more complex maps, further distance)	Golf: Putting Chipping Driving	Orienteering: Picture orienteering Real life experience	Orienteering: Problem solving Scavenger hunt
Summer Term 1	Working with others	Fitness: Introduction of equipment	Swimming	Tennis: Hitting a ball with a racket Fine motor skills Rallying	Tennis: Rallying Court targets Basic rules and scoring	Tennis: Rallying Different returns Rules of the game	Fitness: Turn taking Balance Control Using equipment
Summer Term 2	Fitness: Balance Cardio	Athletics: Running Jumping Throwing	Athletics: Sprinting Relay	Athletics: Javelin Hurdling	Athletics: Mini Olympics	Athletics: Mini Olympics	Swimming