



Alban Wood PE Curriculum Overview 2016 - 2017

At Alban Wood, we use the LCP, Val Sabin and Dance in a Box schemes for the teaching of PE. These schemes are adapted where possible to fit with topic teaching, for example, WWII dance in Year 5 and Year 6. As part of our partnership with Youth Sports Trust and the School Sport's Partnership, teachers will also use schemes of work from these two organisations to ensure a varied and balanced PE curriculum.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Games: throwing and catching Gymnastics: travelling	Games: ball skills and games Dance: dinosaurs	Games: kicking skills Games: throwing and catching	Games: batting skills Dance: explorers	Games: circuits and skills Dance: space	Athletics Gym: balancing
Year 2	Gymnastics: Low and high Games: throwing and catching, inventing games	Dance: Funnybones – link to topic Games: kicking and hitting	Dance: pirates – link to topic Games: throwing and catching	Gymnastics: balancing and travelling Games: inventing games and rules	Gymnastics: using apparatus Dance: space – link to topic	Fitness circuits Athletics
Year 3	Games: invasion focus Gymnastics: stretching, curling and arching	Games: ball skills Dance: Tudors – linked to topic	Games: hockey Gymnastics: Yoga	Games: hockey Dance: Italy – linked to topic	Athletics/ Circuits Swimming	Athletics/ Circuits Swimming
Year 4	Games: ball skills Circuits and fitness	Games: ball skills Dance: linked to topic	Dance: electricity – linked to Science Games: athletics	Games: hockey Dance: Leonardo da Vinci – linked to topic	Games: striking and fielding – rounders Athletics	Games: striking and fielding – cricket Athletics
Year 5	BEST coaching project (football and fitness) Games: throwing and catching	Games: hockey Dance: Japan – linked to topic	Games: health and fitness Gymnastics: counter balances	Games: hockey Gymnastics: sequences	Orienteering Athletics	Games: striking and fielding – rounders Athletics
Year 6	Swimming Games: basketball	Swimming Dance: Japan – linked to topic	Games: hockey Games: circuits – health and fitness	Games: football Athletics	Orienteering Dance: Victorians – linked to topic	Games: striking and fielding – cricket Athletics