



Holmleigh Primary School Physical Education Curriculum Framework

Year group	Autumn	Spring	Summer
1	Multi-skills: throwing and Catching Attacking and defending	Gymnastics: Animals Dance: Starry Nights.	Yoga: Salute to the Sun Multi-skills: Running and Jumping
2	Multi-skills: throwing and Catching Attacking and defending	Gymnastics: Under the Sea Gymnastics: Landscapes and Cities	Dance: Plants Animal Olympics
3	Invasion Games: football Gymnastics: Movement	Dance: Extreme Earth Athletics	Circuit training OAA: Fencing
4	Invasion games: Tag, Rugby and Hockey. Gymnastics: Ancient Egypt	Dance: Carnival of the animals Circuit training	Athletics OAA: Orienteering
5	Gymnastics: Shape, Balance and space Tennis	Eco Dance OAA: Outdoor Adventure Activities	Athletics Basket Ball
6	Circuit Training Netball	Dance: Electricity Athletics	Gymnastics: Movement OAA: Canoeing and biking