



Prince Avenue Academy and Nursery
Physical Education Curriculum & Overview

	Autumn	Spring	Summer
Nursery (2-3)	PD • Move in a variety of ways – running, jumping etc • Kick a large ball • Climb large apparatus with support • Catch a large ball • Walk up stairs with support • Use push along toys and tricycles • Sit comfortably during circle time • Sit comfortable on a chair		
Nursery (3-4)	PD • Moves in a variety of ways with increasing control and confidence – rolling, crawling, walking, jumping, running, hopping etc • Develop body strength – sitting at a table correctly, sitting with good posture during carpet time without wiggling, or slouching • Develop coordination – riding balance bikes, dancing etc		
Reception	PD • Engaging in different ways of moving • Develops control in different movements • Develop strength, balance and coordination • Uses core strength to sit with good posture • Combines different movements • Uses large apparatus safely • Develops ball skills		

PRIDE RESPECT INCLUSION NURTURE COURAGE EXCELLENCE



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Year Group	Autumn		Spring		Summer	
Year 1	Fitness Team Building	Ball Skills Fundamentals	Net and Wall Games Gymnastics	Target Games Dance	Athletics Striking and Fielding Games	Invasion Games Sports day practice
Year 2	Fitness Fundamentals	Sending and Receiving Team Building	Gymnastics Net and Wall Games	Target Games Dance	Striking and Fielding Games Athletics	Invasion Games Sports day practice
Year 3	Rugby Fundamentals Y3/4	Indoor Athletics Ball Skills Y3/4	Dance Gymnastics	Swimming Dodgeball	Athletics Tennis	Archery OAA Cricket
Year 4	Rugby Dodgeball	Indoor Athletics Basketball	Gymnastics Dance	Swimming Handball	Athletics Tennis	Archery OAA Cricket
Year 5	Rugby Basketball	Indoor Athletics Dodgeball	Gymnastics Handball	Cricket Swimming	Athletics Golf Rounders	Archery Tennis
Year 6	Rugby Basketball	Indoor Athletics Handball	Gymnastics Dance	Cricket Swimming	Athletics Tennis	Archery OAA Rounders

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