

PE Spiral Curriculum

Purple

- **Autumn 1** – Fun play based games – Duck, Duck Goose, Tig/Tag and Dodgeball
- **Autumn 2** – Dance and Movement
- **Spring 1** – Gymnastics – Balance and coordination
- **Spring 2** – Net games –Tennis
- **Summer 1** – Striking/fielding – cricket
- **Summer 2-** Athletic activities - skills, throwing, running catching

Green

- **Autumn 1** – Skills based physical activities- throwing, jumping, climbing, running
- **Autumn 2** – Movement development -Dance
- **Spring 1** – Gymnastics – Balance and coordination
- **Spring 2** – Net games –Seated volleyball and badminton
- **Summer 1** – Striking/fielding – cricket
- **Summer 2-** Athletic activities - skills, throwing, running catching

Red

- **Autumn 1** – Indoor games- gross motor skills
- **Autumn 2** – Movement development, Balancing, Coordination
- **Spring 1** – Warming up/Movement ideas
- **Spring 2** – Formal physical games, -Throwing and catching, Boccia and Skittles
- **Summer 1** – Fun and games – Movement games, senses games, parachute games
- **Summer 2-** Sports day- Multi- skills, throwing, running catching

Blue

- **Autumn 1** – Throw, Catch and Kick Observation and assessment of children moving. Establishing systems and procedures
- **Autumn 2** – Creative Dance – Action Rhymes Throw Catch and Kick – Rolling balls and other objects
- **Spring 1** - Over under and through- Travelling on different parts of the body Throw, Catch and Kick – Aiming skills using a variety of balls and other objects.
- **Spring 2** – Creative Dance – Dance a story. Throw Catch and Kick – Throwing and catching skills
- **Summer 1** – Over under and through- Balancing, Throw catch and Kick – Kicking and dribbling skills
- **Summer 2-** Creative Dance – Dance to know songs Throw Catch and Kick- Striking Skills, Practise for sports day

Orange and Yellow

- Personal Body Awareness
Gross and fine motor exploration
Avoids obstacles, bends/crouches with increasing control, climbing steps – with rail/no rail, kicking rolling, throwing, special awareness, pincher grip.