



Spring Meadow PE Curriculum Overview

| Term | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------------|----------------------------|------------------------|-------------------|--|-----------------------------------|----------------------------|
| Year 1 | Gymnastics Fundamentals | Fitness Ball Skills | Dance Invasion | Dance Striking and Fielding | Yoga Sending and Receiving | Athletics Team Building |
| Year 2 | Gymnastics Fundamentals | Fitness Ball Skills | Yoga Invasion | Striking and Fielding Net and Wall | Dance Sending and Receiving | Dance Athletics |