

St Michael's PE Curriculum Sept '18 - July '19

Foundation and Key Stage 1

The document maps out the PE units that are taught throughout the year, although the order of activities may at time change due to facilitates and available. From Year 1- Year 6 the children will swim for half a term

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation	Gymnastics / Dance Multi-skills striking and fielding activities Multiskills (Ability, Balance and Co-ordination) Physical Literacy (Run/Skip/Jump)					
Year 1	Multi-skills (Throwing/catching /rolling/dribbling - hands and feet)	Gymnastics and Physical Literacy (Run/Jump/Skip/Ga llop/Hop and Dodge)	Dance	Invasion games (Using a range of skills and sports)	Swimming	Striking and fielding skills through cricket and rounders activities
Athletics skills through running, jumping and throwing						
Year 2	Multi-skills (Throwing/catching /rolling/dribbling - hands and feet)	Gymnastics and Physical Literacy (Run/Jump/Skip/Ga llop/Hop and Dodge)	Swimming	Invasion games (Using a range of skills and sports)	Athletics skills through running, jumping and throwing	Striking and fielding skills through cricket and rounders activities
Dance						