

Altham St. James PE Curriculum Overview

Term	FS	KS1	Y3-Y4	Y5-Y6
Autumn 1	Body management (FMS)	(FMS)/ Game Skills - Attack defend shoot	Invasion games- Netball Tag rugby	Invasion games- - Handball Hockey
Autumn 2	Manipulation and co-ordination	(FMS)/ – Hit catch run	Tennis Y3 Tennis Y4	Tennis Y5 Tennis Y6
Spring 1	Gymnastics – stability skills	Gymnastics	Gymnastics Unit 1 Y3-4	Gymnastics Unit 1 Y5-6
Spring 2	Dance	Dance	Dances -Y3-Y4 Unit 1	Dance Y5-6 Unit 1
Summer 1	Speed, agility and travel	Athletics – run jump throw	Cricket Y3 Rounders Y4	Cricket Y5 Rounders Y6
Summer 2	Cooperation and problem solving	OAA	Athletics/ OAA Y3 – Y4	Athletics/ OAA Y5-Y6
Y3-Y4		Swimming		
Y5-Y6		Swimming		

The unit in Ks1 will be on a 2 year rolling program completing alternate Year group units.

Ks2 Will rotate between units for year groups and reviewed and amended as needed.

	Out of School Learning (OSHL)				
	Monday 3:30-4:30	Tuesday 3:30-4:30	Wednesday	Thursday 3.30-4.30	Friday 3:30-4:30
After school	Dance	Football		Multi – skill ASFC	
Lunchtimes	Sports Leaders	Sports Leaders	Sports Leaders	Sports Leaders	

(FMS) - Fundamental Movement Skills