



St Catherine's long term PE curriculum 2023-2024

Term/Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Gym	Ball Skills	Agility, space and movement	Dance	Ball Skills	Agility, space and movement
Foundation 2	Funfit	Gymnastics	Catching and Throwing <i>Argyle</i>	Dance	Agility, space and movement <i>Argyle</i>	Athletics
Year 1	Gymnastics (floor and apparatus)	Games 1 – balance and control when using a ball in the hand.	Games 2 – Accuracy when aiming. Kicking a ball <i>Argyle</i>	Games 4 – controlling a ball with feet	Dance 2 -creating dance phrases	Athletics <i>Argyle</i>
Year 2	Gymnastics (floor and apparatus)	Games 1 – object control <i>Argyle</i>	Games 2 – Ball skills kicking and striking	Games 4 – Hand Dribbling skills <i>Argyle</i>	Dance 1 – body shapes and patters	Athletics
Year 3	Netball <i>Argyle</i>	Gymnastics (floor)	Football	Gymnastics (apparatus)	Cricket <i>Argyle</i>	Athletics
				Dance – cheerleading		
Year 4	Basketball <i>Argyle</i>	Gymnastics (floor)	Handball	Gymnastics (apparatus)	Tennis	Athletics <i>Argyle</i>
				Dance - Bollywood		
Year 5	Gymnastics (floor)	Rugby <i>Argyle</i>	Cricket	Swimming? TBC	Gymnastics (apparatus)	Athletics
				Outdoor adventurous activities (lessons 1, 2, 3)	Dance	
Year 6	Swimming	Gymnastics (floor)	Handball	Basketball	Gymnastics (apparatus)	Athletics
	Outdoor adventurous activities (lessons 4, 5 and 6)			<i>Argyle</i>	Dance	