

Harrow Lodge Primary PE Curriculum 2021-2022

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rec	Locomotion Basic Movement Skills	Dance Nursery Rhymes	Gymnastics Flight – Bouncing, Jumping & Landing	Dance The Seasons	Striking & Fielding Game Skills/ Net & Wall Game Skills	Target Games/ Athletics
Year 1	Basic Movement Skills	Invasion Game Skills/Athletics	Target Games/ Gymnastics Pathways – small & long	Net & Wall Game Skills/Dance – Fire of London	Striking & Fielding Game Skills/Tri-Golf	Striking & Fielding Game Skills/Athletics
Year 2	Basic Movement Skills	Invasion Game Skills/Athletics	Target Games/ Gymnastics Pathways – straight, zigzag & curving	Dance – Pirates/ Net & Wall Game Skills	Target Games/ Tri-Golf	Athletics/ Striking & Fielding Game Skills

Year 3	Health Related Fitness/OAA	Invasion Game Skills/Athletics	Gymnastics Symmetry & Asymmetry/ Dodgeball	Tennis/ Dance - Romans	Football/Tag Rugby	Athletics/Cricket
Year 4	Health Related Fitness/OAA	Invasion Game Skills/Athletics	Gymnastics Rolling & Travelling Low/ Basketball	Dance Around the World/ Badminton	Football/Tag Rugby	Athletics/Cricket

Year 5	Health Related Fitness/Leadership	Invasion Game Skills/Athletics	Gymnastics Synchronisation & Canon/ Basketball	Tennis/ Dance through the Ages	Football/Tag Rugby	Athletics/Cricket
Year 6	Health Related Fitness/Team Building & Problem Solving	Invasion Game Skills/Athletics	Gymnastics Counter-balance & counter tension/ Basketball	Dance – WW2/ Badminton	Handball/ Tag Rugby	Athletics/Cricket