Cedar Park School & Nursery

Be kind ★ Be inspired ★ Believe

PE Curriculum Overview

Rationale	At Cedar Park, we strive to produce students that have excellent agility, balance, co-ordination and speed. We do this by exposing the children to games, gymnastics, dance and swimming. As well as core movement, we hope to develop children as tacticians, performers and good sports people**.**
Approach	In Phase one, children learn core movement through bespoke teaching of agility, balance and co-ordination. As they get older, children begin to use these skills within wider games, developing their tactics and team-work as they do this. Children receive dance, gymnastics and swimming lesson delivered by external teachers each year on top of the PE lessons delivered by our teachers. Our school's core principles and key behaviours live through the games and disciplines that we engage in.

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Introduction to PE Unit 1	Fundamentals Unit 1	Gymnastics Unit 1	Dance Unit 1	Ball Skills Unit 1	Games Unit 1
Reception	Introduction to PE Unit 2	Fundamentals Unit 2	Gymnastics Unit 2	Dance Unit 2	Ball Skills Unit 2	Games Unit 2
Year 1	Sending and Receiving	Ball Skills	Gymnastics	Dance	Swimming	Swimming
	Fundamentals	Team Building	Target Games	Invasion Games	Striking and Fielding	Athletics
Year 2	Ball Skills	Sending and Receiving	Gymnastics	Dance	Swimming	Swimming
	Fundamentals	Team Building	Target Games	Invasion Games	Striking and Fielding	Athletics
Year 3	Gymnastics	Dance	Dodgeball	Fitness	Netball	Cricket
	Fundamentals	Ball Skills	Swimming	Swimming	Athletics	Yoga
Year 4	Gymnastics	Dance	Swimming	Swimming	Rounders	Hockey
	Football	Tag Rugby	Basketball	Handball	Tennis	Athletics
Year 5	Swimming	Swimming	Gymnastics	Dance	Cricket	Athletics
	Fitness	Dodgeball	Football	Netball	Tennis	Basketball
Year 6	Swimming	Swimming	Gymnastics	Orienteering	Hockey	Handball
	Tag Rugby	Volleyball	Badminton	Dance	Rounders	Athletics