

Ladysmith Federation

Ladysmith Federation PE Curriculum Overview

	Autumn		Spring		Summer	
School Games Value	Respect	Honesty	Determination	Self-belief	Teamwork	Passion
Reception	Introduction to PE	Fundamentals	Gymnastics	Ball skills	Games	Games
	Fundamentals	Dance	Gymnastics	Games	Games	Gymnastics
Year 1	Fundamentals	Yoga	Fitness	Sending and receiving	Athletics	Team building
	Ball skills	Dance	Gymnastics	Target Games	Invasion	Striking and fielding
Year 2	Ball skills	Dance	Gymnastics	Sending and receiving	Athletics	Team building
	Fundamentals	Yoga	Fitness	Target games	Invasion	Striking and fielding
Year 3	Multi-skills	Games (Netball)	Outdoor Adventure (Archery and orienteering)	Net/wall (Tennis)	Athletics	Striking and fielding (Kickball)
	Gymnastics	Dance				
Year 4	Games (Basketball)	Games (Hockey)	Net/wall (Badminton)	Outdoor Adventure (Problem solving)	Striking and fielding	Athletics
	Dance	Gymnastics		Swimming		Trigolf
Year 5	Games (Hockey)	Games (Netball)	Outdoor Adventure (Archery and orienteering)	Net/wall (Tennis)	Athletics	Striking and fielding
	Gymnastics	Dance			Exeter Community Football	
Year 6	Games (Tag Rugby)	Games (Basketball)	Net/wall (Badminton)	Outdoor Adventure (Problem solving)	Striking and fielding	Athletics
	Dance	Gymnastics	Self- defence		Trigolf	