



PE Curriculum Overview 2024 - 2025

Term	Autumn 1		Autumn 2		Spring 3		Spring 4		Summer 5		Summer 6	
	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2	Lesson 1	Lesson 2
Nursery	Introduction to PE unit 1		Fundamentals Unit 1		Dance Unit 1		Gymnastics Unit 1		Balls Skills unit		Games Unit 1	
30 min EYFS LCFC	PE Fundamentals		Ball skills		Balance and Coordination activities		Multisports		Team games		Athletics and fitness	
Reception	Manipulation and Coordination Unit 1		Gymnastics Unit 1		Body Management Unit 1		Dance Unit 1		Speed, Agility, Travel Unit 1		Manipulation and Coordination Unit 2	
Year 1	Hit, Catch, Run Unit 1	Team Building (LCFC)	Dance Unit 1	Send and Return Unit 1 (LCFC)	Gymnast Unit 1	Attack, defend, shoot Unit 1 (LCFC)	Hit, Catch, Run Unit 2	Dance Unit 2 (LCFC)	Send and Return Unit 2 Pot Swim	Hockey (LCFC)	Attack, Defend, Shoot Unit 2	Athletics and Orient-eering (LCFC)
Year 2	Hit, Catch Run Unit 1	Team building (LCFC)	Dance Unit 1	Send and Return Unit 1 (LCFC)	Gymnast Unit 1	Attack Defend Shoot Unit 1 (LCFC)	Hit, Catch, Run Unit 2	Dance Unit 2 (LCFC)	Send and Return Unit 2	Tennis (LCFC)	Attack, Defend, Shoot Unit 2 Pot Swim	Athletics and Orient-eering (LCFC)
After School Club	LCFC – Multi sports		LCFC – Bench Ball		LCFC – football		LCFC – bat and ball games		LCFC – Multisports (Reception Only)		LCFC – Ball skills/ team games focus (Reception only)	



Bracebridge

Infant and Nursery School



R E C E P T I O N	Manipulation and coordination	Gymnastics	Body management	Speed, agility, travel	K S 1	Hit, Run, Catch	Attack Defend Shoot	Dance	Send and return	Gymnastics
	Apparatus Balls Beanbags Benches Bibs Box tops Cones Hoops Mats Quoits Short handed rackets	Balloon Balls Bean bags Cones Hoops Low apparatus Mats Ropes Spots	Balls Beanbags Benches Bibs Box tops Cones Hoops Mats Quoits	Apparatus Balls Beanbags- Benches Bibs Box tops Cones Hoops Mats Quoits		Balls Bats Batting tea Bean bags Button cones Cones Hoops Quoits Racquets Skittles Target	Bean bags Cones Hoops Large balls Mats Quoits Targets Skittles Small ball	Balloons Cones Hoops Spots	Balloons Balls Bats Bench Bibs Cones Cones Cones Foam tennis balls Hoops Hoops Racquets Soft balls	Bean bags Cones Hoops Low apparatus Mats Ropes Pool noodles