

## Menston Primary School - PE Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Foundation</b>	Multi Skills Jumping/Travelling (FMS)	Multi Skills: Agility, balance and co-ordination (FMS)	(FMS) Gymnastics	Multi Skills Bat and Ball (FMS)	Multi Skills: Sending/Receiving (FMS)	(FMS) Athletics
<b>Year 1</b>	Multi Skills Jumping/Travelling (FMS)	Multi Skills: Agility, balance and co-ordination (FMS)	SSS - Gymnastics	Multi Skills Bat and Ball (FMS)	Multi Skills: Sending and Receiving Striking and Fielding (FMS)	SSS – Athletics
<b>Year 2</b>	Multi Skills Jumping/Travelling (FMS)	Multi Skills: Agility, balance and co-ordination (FMS)	SSS - Gymnastics	Multi Skills Bat and Ball (FMS)	Multi Skills: Sending and Receiving Striking and Fielding (FMS)	SSS – Athletics
<b>Year 3</b>	Multi Skills: (FMS)	SSS – Invasion Games (Dodgeball, Basketball)	SSS – Gymnastics	SSS – Net & Wall (Intro to short tennis)	SSS – Striking & Fielding (Kwik Cricket)	SSS – Athletics
<b>Year 4</b>	Multi Skills: (FMS)	SSS – Invasion Games (Tag Rugby)	SSS – Gymnastics	SSS – Net & Wall (Short Tennis)	SSS – Striking & Fielding (Kwik Cricket)	SSS – Athletics
<b>Year 5</b>	Swimming	Swimming	Swimming			
	Multi Skills: Invasion Games (SSS - Football)	SSS – Invasion Games Quick Sticks (England Hockey Scheme)	SSS – Gymnastics	SSS – Net & Wall (Volleyball)	SSS – Striking & Fielding (Rounders)	SSS – Athletics
<b>Year 6</b>	Multi Skills: Invasion Games (SSS - Football)	SSS – Invasion Games Hockey – Quick Sticks (England Hockey Scheme)	SSS – Gymnastics	SSS – Net & Wall (Badminton)	SSS – Striking & Fielding (Rounders)	SSS – Athletics

Dance and Outdoor and Adventurous Activities will be delivered as part of the wider curriculum.

Fundamental Movement Skills (FMS), Sport Specific Skills (SSS)