



Springwood Junior Academy PE Curriculum overview 2024-2025



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception to Year 2	Locomotion	Locomotion	Balance (Gymnastics & Dance)	Balance (Gymnastics & Dance)	Athletics	Athletics
	Object Control (throwing & catching)	Object Control (Ball control)	Locomotion (Team Games)	Locomotion (Team Games)	Athletics	Object Control (Striking & Fielding)

Year 3	Orienteering Football Netball	Fitness Basketball	Gymnastics Yoga	Dance Tag Rugby	Athletics Tennis	Rounders Cricket
Year 4	Swimming Football/Netball	Fitness Basketball	Gymnastics Yoga	Dance Tag Rugby	Athletics Tennis	Rounders Cricket
Year 5	Orienteering Football Netball	Fitness Basketball	Gymnastics Yoga	Dance Tag Rugby	Athletics Tennis	Rounders Cricket
Year 6	Orienteering Football/Netball Playleader	Fitness Basketball	Gymnastics Yoga	Dance Tag Rugby	Athletics Tennis	Rounders Cricket

PE Lead: Abbie Smith