

## Spiral curriculum template- PE and Movement

### KS1

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Movement- Hop, skip, Jump and twiddle	Movement- Hop, skip, Jump and twiddle	Throwing and catching	Throwing and catching	Sports day games	Sports day games
Year 2	Ball skills	Ball skills	Circuits	Circuits	Sports day games	Sports day games

### Skills Acquisition Year 1

### KS2-3

Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Dance- simple dances	Dance- Simple dances	Indoor/ outdoor Athletics	Indoor/ outdoor Athletics	Sports day Games Swimming	Sports day games Swimming
Year 2	Racket games	Racket games	Dance- expressive	Dance-expressive	Sports day games Swimming	Sports day games Swimming
Year 3	Dance	Dance	Sport of choice	Sport of choice	Sports day games Swimming	Sports day games Swimming

### KS 4-5

Year	Autumn term 1	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2
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