

PE Overview 2022-2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Acorn EYFS	PE in EYFS is taught through the areas of learning. We have a weekly PE lesson. PE is also found in our ongoing provision throughout the year and may relate to the overarching theme and children's interests. Please see our EYFS curriculum for more details.					
	Gymnastics	Gymnastics and dance	Balance and Coordination - Hull FC	Dance	Ball skills - Hull FC	The olympics
Willow Y1	Multi skills Bootcamp	Mighty movers (running) Storytime dance	Skip to the beat Ball skills - Hull FC	Groovy gymnastics Gym fit circuit	Cool core (strength) Athletics - Hull FC	Throwing and catching Fitness frenzy
Chestnut Y2	Multi skills Bootcamp	Bootcamp Football - Hull FC	Skip to the beat Groovy gymnastics	Gym fit circuit Striking and fielding - Hull FC	Throwing and catching Cool core (strength)	Active athletics Fitness frenzy
Cherry Y3/4	Bootcamp Multiskills	Multiskills Football - Hull FC	Skip to the beat* Gymnastics*	Cool core* Hockey - Hull FC	Mighty movers* Dance*	Fitness frenzy* Invaders
Ash Y4/5	Bootcamp Football - Hull FC	Invaders Step to the beat	Dynamic dance Mighty movers (boxercise)	Nimble nets Cool core (pilates)	Young olympians Gymfit circuits	Fitness frenzy Striking and fielding - Hull FC
Oak Y6	Bootcamp Football - Hull FC	Dynamic dance Mighty movers (boxercise)	Gym sequences Step to the beat	Young olympians Gym fit circuit	Nimble nets Cool core (pilates)	Fitness frenzy Striking and fielding - Hull FC

* - For these units 3 weeks of the Year 3 unit will be taught and then 3 weeks of the Year 4 unit will be taught.