

Cedars Manor School

PE Curriculum Overview 2023/2024

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Indoor PE: Gymnastics Outdoor PE: Fundamental movement Yoga:	Indoor PE: Gymnastics Outdoor PE: Invasion games Yoga:	Indoor PE: Dance Outdoor PE: Sending and Receiving games Yoga:	Indoor PE: Multi-Sports + Leadership Outdoor PE: Movement skills Yoga:	Indoor PE: Sports Day Outdoor PE: Striking and fielding Yoga:	Indoor PE: Teambuilding OAA/Problem Solving Outdoor PE: Track and field Yoga:
Reception	Indoor PE: Gymnastics Outdoor PE: Fundamental movement Yoga:	Indoor PE: Gymnastics Outdoor PE: Invasion games Yoga:	Indoor PE: Dance Outdoor PE: Sending and Receiving games Yoga:	Indoor PE: Multi-Sports + Leadership Outdoor PE: Movement skills Yoga:	Indoor PE: Sports Day Outdoor PE: Striking and fielding Yoga:	Indoor PE: Teambuilding OAA/Problem Solving Outdoor PE: Track and field Yoga:
1	Indoor PE: Gymnastics Outdoor PE: Fundamental movement/Spatial Awareness Yoga:	Indoor PE: Gymnastics Outdoor PE: Invasion games Yoga:	Indoor PE: Dance Outdoor PE: Sending and Receiving games Yoga:	Indoor PE: Multi-Sports + Leadership Outdoor PE: Movement skills Yoga:	Indoor PE: Sports Day Outdoor PE: Striking and fielding Yoga:	Indoor PE: Teambuilding OAA/Problem Solving Outdoor PE: Track and field Yoga:
2	Indoor PE: Gymnastics Outdoor PE: Fundamental movement/Spatial Awareness Yoga:	Indoor PE: Gymnastics Outdoor PE: Invasion games Yoga:	Indoor PE: Dance Outdoor PE: Sending and Receiving games Yoga:	Indoor PE: Multi-Sports + Leadership Outdoor PE: Movement skills Yoga:	Indoor PE: Sports Day Outdoor PE: Striking and fielding/Cricket Yoga:	Indoor PE: Teambuilding OAA/Problem Solving Outdoor PE: Track and field Yoga:
3	Indoor PE: Gymnastics Outdoor PE: Football/Netball Yoga:	Indoor PE: Gymnastics Outdoor PE: Tag Rugby/ Cross Country Yoga:	Indoor PE: Dance Outdoor PE: Basketball/Hockey Yoga:	Indoor PE: Multi-Sports + Leadership Outdoor PE: Badminton/Tennis Yoga:	Indoor PE: Sports Day Outdoor PE: Track and field/Cricket Yoga:	Indoor PE: Teambuilding OAA/Problem Solving Outdoor PE: Athletics/ Rounders Yoga:
4	Indoor PE: Gymnastics Outdoor PE: Football/Netball Yoga:	Indoor PE: Gymnastics Outdoor PE: Tag Rugby/ Cross Country Yoga:	Indoor PE: Dance Outdoor PE: Basketball/Hockey Yoga:	Indoor PE: Multi-Sports + Leadership Outdoor PE: Badminton/Tennis Yoga:	Indoor PE: Sports Day Outdoor PE: Track and field/cricket Yoga:	Indoor PE: Teambuilding OAA/Problem Solving Outdoor PE: Athletics/ Rounders Yoga:

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5	Indoor PE: Gymnastics Outdoor PE: Football/Netball Yoga:	Indoor PE: Gymnastics Outdoor PE: Tag Rugby/ Cross Country Yoga:	Indoor PE: Dance Outdoor PE: Basketball/Hockey Yoga:	Indoor PE: Multi-Sports + Leadership Outdoor PE: Badminton /Tennis Yoga:	Indoor PE: Sports Day Outdoor PE: Track and field /Cricket Yoga:	Indoor PE: Teambuilding OAA/Problem Solving Outdoor PE: Athletics/ Rounders Yoga:
6	Indoor PE: Gymnastics Outdoor PE: Football/Netball Yoga:	Indoor PE: Gymnastics Outdoor PE: Tag Rugby/ Cross Country Yoga:	Indoor PE: Dance Outdoor PE: Basketball/Hockey Yoga:	Indoor PE: Multi-Sports + Leadership Outdoor PE: Badminton /Tennis Yoga:	Indoor PE: Sports Day Outdoor PE: Track and field /Cricket Yoga:	Indoor PE: Teambuilding OAA/Problem Solving Outdoor PE: Athletics/ Rounders Yoga: