



King's Hill Primary School

PE Curriculum Overview 2022

Physical activity is a very important part of our school day here at King's Hill. Our PE curriculum provides many opportunities for our pupils to be active every single day. In order to attract pupils to being physically active, we offer an array of different activities and sports to appeal to everyone. Not only does exercise improve overall health and fitness it helps to improve pupils' mental health and cognitive development as well, by doing physical exercise, pupils are likely to concentrate and maintain focus in lessons. The provision for engaging in physical, outdoor activities supports pupils with building confidence, inspiring positivity and improving social skills. We use 'Striver' to support the teaching of PE skills across KS1 and KS2. The approach has allowed our pupils to focus on specific skills with the aim of practising and refining as much as possible. In turn, these experiences have progressively built into extending the range of competitive games and team activities that the pupils engage in.

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 1	Orienteering Throwing/ catching	Dance	Gymnastics	Bat and Ball Skills	Tennis	Athletics
Year 2	Orienteering Gymnastics	Tennis	Dance	Hockey	Invasion Games	Athletics
Year 3	Orienteering Dance	Gymnastics	Circuits	Yoga	Athletics	Throw/ catch
Year 4	Orienteering Dance	Hockey	Gymnastics	Athletics	Basketball	Rounders
Year 5	Orienteering Yoga	Dance	Gymnastics	Football	Tennis	Athletics
Year 6	Orienteering Gymnastics	Hockey	Basketball Circuits	Dance	Circuits	Athletics

