

## Appletree Gardens First School - PE Curriculum Overview 2023-2024

Year	Out/In	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery		Outdoor climbing apparatus Balance bikes	Parachute Games  Balance bikes	Yoga  Balance bikes	MZA woods Throwing and catching Balance bikes	MZA Travel throwing catching Balance bikes	MZA in the sea Races Balance bikes
R		Speed Agility Travel PE Hub Unit 1	Gymnastics The PE Hub	Little Movers Active travel and dance External provider	Games 2 Balls Val Sabin	Speed Agility Travel PE Hub Unit 2	Mini Athletics Val Sabin
Y1	Outdoor	Games Unit 1 Ball Skills Val Sabin	Games Unit 2 Throw Catch Aim Val Sabin	Hit, catch run Unit 1 PE Hub	Games Unit 3 Bat Ball Skills Val Sabin	Run Jump Throw Unit 1 PE Hub	Run Jump Throw Unit 2 PE Hub
	Indoor	Attack Defend Shoot Unit 1 PE Hub	Dance Unit 1 PE Hub	Gymnastics The PE Hub	Attack Defend Shoot Unit 2 PE Hub	Hit catch run Unit 2 PE hub	Send and return Unit 1 PE hub
Y2	Outdoor	Games Unit 1 Throw and Catch Val Sabin	Hit Catch Run Unit 1 PE Hub	Games Unit 3 Dribble Hit Kick Val Sabin	Games Attack Defend Shoot Unit 1 PE Hub	Run Jump Throw Unit 1 PE Hub	Run Jump Throw Unit 2 PE Hub
	Indoor	SAQ North Tyneside	Gymnastics The PE Hub	Dance Unit 1 PE Hub	Skiping Skip 4 Fit	OAA PE Hub	Send and Return Unit 1 PE Hub
Y3	Outdoor	Bike 4 Health Cycling	Invasion Football PE Hub	Invasion Quicksticks PE Hub	Invasion Basketball PE Hub	Striking and Fielding Cricket PE Hub	OAA Cross Curricular Orienteering
	Indoor	Making games Y 3 Unit 2	Dance Unit 1 PE Hub	Gymnastics The PE Hub	Fitness Unit 2 PE Hub	Bisi Badminton	Athletics PE Hub
Y4	Outdoor	Invasion Tag rugby	Invasion Basketball	Invasion Quicksticks PE Hub	Invasion and target Netball PE Hub	Net Wall Tennis PE Hub	Striking and Fielding Rounders PE Hub
	Indoor	Dance Unit 1 PE Hub	Gymnastics The PE Hub	Fitness Unit 1 PE Hub	Problem Solving + inventing Year 4 Unit 2 Val Sabin	OAA Cross Curricular Orienteering	Athletics PE Hub