

Swinford PE Curriculum 2022/2023

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Seahorses (EYFS)	Multi skills	Gymnastics(Core Skills)	Gymnastics	Dance and Fitness	Striking and Fielding	Games
	Balance and Coordination	Fundamental Movement Skills	Parachute Games/Fitness Circuits	Games Invasion	Fundamental Movement Skills (BAT and BALL)	Athletics
Seals (Years 1 & 2)	SAQ, Bleep Test and Fundamentals	Tag Rugby	Gymnastics	Dance and Fitness	Striking and Fielding	Games
	Ball Skills – Throwing and Catching	Indoor Athletics	Parachute Games/Basketball	Hockey	Cricket	Athletics
Turtles (Years 3 & 4)	SAQ, Bleep Test and Fundamentals	Tag Rugby	Gymnastics	Dance and Fitness	Athletics	Cricket/Rounders
	Teamwork, Mental Wellbeing, and Circuits	Indoor Athletics	Basketball/ Bleep Test	Hockey	Tennis/ Bleep Test	Tri Golf
Dolphins (Years 5 & 6)	SAQ, Bleep Test and Fundamentals	Tag Rugby	Gymnastics	Dance and Fitness	Athletics	Cricket/Rounders
	Teamwork, Mental Wellbeing, and Circuits	Indoor Athletics	Basketball/ Bleep Test	Hockey/Netball	Tennis/ Bleep Test	Tri Golf

