

Sacred Heart PE Curriculum 2022-2023



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FY	Gymnastics unit 1 Manipulation and co-ordination unit 1	Gymnastics unit 2 Manipulation and co-ordination unit 2	Gross motor Skills Body management unit 1	Body management unit 2	Multi skills Speed and agility unit 1	Multi skills Speed and agility unit 2
Y1	Attack defend shoot unit 1	Send and return unit 1 Basketball (Skill based)	Gym unit 1 Send and return unit 2	Gym unit 2 Hit catch run unit 1	Run, Jump throw unit 1 Attack defend shoot unit 2	Run, Jump throw unit 2 Hit catch run unit 2
Y2	Attack defend shoot unit 1	Send and return unit 1 Basketball (Skill based)	Gym unit 1 Send and return unit 2	Gym unit 2 Hit catch run unit 1	Run, Jump throw unit 1 Hit catch run unit 2	Run, Jump throw unit 2 Attack defend shoot unit 2
Y3	Football Rounders	Hockey Basketball	Gym 1 Netball	Gym 2 Badminton	Athletics Tennis	Handball Cricket
Y4	Handball Cricket	Hockey Netball	Gym 1 Badminton	Gym 2 Basketball	Athletics Tennis	Football Rounders
Y5	Tennis Tag rugby	Basketball Hockey	Badminton Gym 1	Football Gym 2	Athletics Cricket	Rounders Handball
Y6	Handball Netball	Football Badminton	Basketball Gym 1	Gym 2 Hockey	Tennis Tag Rugby	Athletics Cricket