

Knowsley Central School – Physical Education Curriculum Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2						
EYFS/KS1/KS2 Blossom 1	Basic movement skills	OAA / Soft Play	Gymnastics	Skills for games	Dance	Athletics Skills						
Blossom 2	Basic movement skills	OAA / Soft play	Gymnastics	Skills for games	Dance	Athletics Skills						
Willow	Basic movement skills	OAA / Soft play	Gymnastics	Skills for games	Dance	Athletics Skills						
Juniper	Athletics / Basic movement skills	Invasion Games	Gymnastics / Dance	OAA	Net / Wall Games	Striking and fielding						
Maple	Athletics / Basic movement skills	Invasion Games	Gymnastics / Dance	OAA	Net / Wall Games	Striking and fielding						
Holly	Athletics / HRF	Invasion Games	Gymnastics / Dance	OAA	Net / Wall Games	Striking and fielding						
Chestnut	Athletics / HRF	Invasion Games	Gymnastics / Dance	OAA	Net / Wall Games	Striking and fielding						
Sycamore	Athletics / HRF	Invasion Games	Gymnastics / Dance	OAA	Net / Wall Games	Striking and fielding						
KS3 Mulberry	Athletics / HRF	Fitness Gym	Net / Wall games	Fitness Gym	Invasion Games	Fitness Gym	OAA	Fitness Gym	Gymnastics / Dance	Athletics	Striking and fielding	Fitness Gym
Redwood	Athletics / HRF	Fitness Gym	Net / Wall games	Fitness Gym	Invasion Games	Fitness Gym	OAA / Leadership	Athletics	Gymnastics / Dance	Athletics	Striking and fielding	Fitness Gym
Rowan	Athletics / HRF	Fitness Gym	Net / Wall games	Fitness Gym	Invasion Games	Fitness Gym	OAA / Leadership	Athletics	Gymnastics / Dance	Athletics	Striking and fielding	Fitness Gym

All pupils at KS1 and KS2 will access 1 half term of Swimming at a local pool

All pupils at KS3 will access 1 full term of Swimming at a local pool

Specialist coaches timetable in addition to this document

OAA = Outdoor Adventurous Activities

HRF – Health Related Fitness