



PE (INDOOR) CURRICULUM

RECEPTION

- A1 – Dance: unit 1
- A2 – Gymnastics: travelling
- Sp1 – Dance: unit 2
- Sp2 – Gymnastics: stretching and curling
- S1 – Dance: unit 3 + 4
- S2 – Gymnastics: taking weight on different body parts

YEAR 2

- A1 – Dance: unit 1
- A2 – Gymnastics: parts high and parts low
- Sp1 – Dance: unit 2
- Sp2 – Gymnastics: pathways, straight, zig-zag and curving
- S1 – Dance: unit 3
- S2 – Gymnastics: turning, spinning, twisting

YEAR 1

- A1 – Dance: unit 1
- A2 – Gymnastics: bouncing, jumping and landing
- Sp1 – Dance: unit 2
- Sp2 – Gymnastics: points and patches
- S1 – Dance: unit 3
- S2 – Gymnastics: rocking and rolling

YEAR 3

- A1 – Dance: unit 1 + 2
- A2 – Gymnastics: stretching, curling and arching
- Sp1 – Dance: unit 3 + 4
- Sp2 – Gymnastics: symmetry and asymmetry
- S1 – Dance: unit 5 + 6
- S2 – Gymnastics: travelling with change of direction

YEAR 4

- A1 – Dance: unit 8. 9 + 10
- A2 – Gymnastics: balance
- Sp1 – Dance: unit 11
- Sp2 – Gymnastics: receiving body weight
- S1 – Dance: unit 12, 13, 14 + 15
- S2 – Gymnastics: rolling

YEAR 6

- A1 – Dance: unit 23 + 24
- A2 – Gymnastics: matching, mirroring and contrasting
- Sp1 – Dance: unit 25 + 26
- Sp2 – Gymnastics: synchronisation and canon
- S1 – Dance: unit 27 + 28
- S2 – Gymnastics: counter balance and counter tension

YEAR 5

- A1 – Dance: unit 16
- A2 – Gymnastics: bridges
- Sp1 – Dance: unit 17 + 18
- Sp2 – Gymnastics: flight
- S1 – Dance: unit 19 + 20
- S2 – Gymnastics: spinning and turning