

*Linaker Flourish Curriculum*

How We **FLOURISH** in Physical Education

Term	Nursery	Rec	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Introduction to PE: Unit 1	Introduction to PE: Unit 2	Fundamentals Ball Skills	Fundamentals Ball Skills	Fundamentals Y3/4 Ball Skills Y3/4	Ball Skills Y3/4 Swimming	<b>Fitness</b> <b>Netball</b>	<b>Football</b> <b>Dance</b>
Autumn 2	Fundamentals: Unit 1	Fundamentals: Unit 2	Gymnastics Sending and Receiving	Gymnastics Sending and Receiving	Gymnastics Dodgeball	Gymnastics Swimming	Gymnastics Dodgeball	Gymnastics Dodgeball
Spring 1	Gymnastics: Unit 1	Gymnastics: Unit 2	Dance Target Games	Dance Invasion Games	Dance Tag Rugby	Dance Hockey	Dance Swimming	Dance Hockey
Spring 2	Dance : Unit 1	Dance: Unit 2	Dance Invasion Games	Dance Fitness	Dance Fitness	Dance Tennis	Dance Swimming	Yoga Tennis
Summer 1	Games : Unit 1	Games: Unit 2	Athletics Net and Wall Games	Athletics Net and Wall Games	Athletics Swimming	Athletics Yoga	Athletics Tennis	Athletics Tag Rugby
Summer 2	Ball Skills : Unit 1	Ball Skills: Unit 2	Team Building Striking and Field Games	Team Building Striking and Field Games	Rounders Swimming	Outdoor and Adventure Cricket	Outdoor and Adventure Rounders	Outdoor and Adventure Cricket

