



## CHJS PE Curriculum Overview 2025

*“Let Your Light Shine” Matthew (5:16)*

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3/4 Cycle B	<b>Baseline Tests</b> First 2 Weeks  <b>Games</b> Yr 3 Unit 1 Ball Skills 6 Weeks	<b>Games</b> Creative Yr 3 Unit 2 4 Weeks Unit 3 or 4  <b>Dance</b> The language of Dance 4 weeks	<b>Gymnastics</b> Yr 3 Unit L - Stretching, curling and arching	<b>Net, Court &amp; Wall</b> Yr 3 Unit 3 Rd 2 of Fitness Tests First 2 Weeks	<b>Striking &amp; Fielding Games</b> Yr 3 Unit 4	<b>Athletics</b> Yr 3 Unit 1 3 <sup>rd</sup> Fitness Tests - Last 2 Weeks
3/4 Cycle A	<b>Baseline Tests</b> First 2 Weeks  <b>Net, Court &amp; Wall</b> Yr 4 Unit 1	<b>Games</b> Yr 4 Unit 2 Problem solving and inventing games Unit 1 - 4 weeks  <b>Dance</b> These shoes are made for walking 4weeks	<b>Gymnastics</b> Yr 4 Unit P - Balance	<b>Games</b> Yr 4 Unit 3 Invasion Rd 2 of Fitness Tests First 2 Weeks	<b>Striking &amp; Fielding Games</b> Yr 4 Unit 4	<b>Athletics</b> Yr 4 Unit 2 3 <sup>rd</sup> Fitness Tests - Last 2 Weeks
5	<b>Baseline Tests</b> First 2 Weeks  <b>Games</b> Y5 Invasion - (implement and kicking) Unit 3	<b>Yr 5 Games</b> Invasion and target (Ball Handling) Unit 2 - 5 weeks  <b>Dance</b> Volcanoes 3 weeks	<b>Gymnastics</b> Yr 5 Unit U - Flight	<b>Yr 5 Unit 5 - Games Net/Wall &amp; court</b> Rd 2 of Fitness Tests First 2 Weeks	<b>Striking &amp; Fielding Games</b> Yr 5 Unit 4	<b>Athletics</b> Yr 5 Unit 1 3 <sup>rd</sup> Fitness Tests - Last 2 Weeks
	<b>Swimming</b>					
6	<b>Baseline Tests</b>  <b>Games</b> Unit 1 - Invasion 6 weeks of Football	<b>Net/Wall</b> Yr 6 Unit 2 - Games  <b>Dance</b> The world of sport 3 weeks	<b>Gymnastics</b> Yr 6 Unit X - Matching, Mirroring and contrasting	<b>Games</b> Ball Handling Yr 4 Unit 4 Rd 2 of Fitness Tests First 2 Weeks	<b>Striking &amp; Fielding Games</b> Yr 6 Unit 3	<b>Athletics</b> Yr 6 Unit 2  3 <sup>rd</sup> Fitness Tests - Last 2 Weeks