



St Bede's PE Overview 2023/2024



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Introduction to PE	Fundamentals	Dance	Gymnastics	Games	Ball skills
Reception	Introduction to PE	Fundamentals	Dance	Gymnastics	Games	Ball skills
Year 1	COJOS Dance	Ball Skills Fundamentals	COJOS Gymnastics	Invasion Games Fitness	Sending and Receiving Striking and Fielding	Athletics Net and Wall Games
Year 2	COJOS Dance	Ball Skills Fundamentals	COJOS Gymnastics	Invasion Games Fitness	Sending and Receiving Striking and Fielding	Athletics Net and Wall Games
Year 3	COJOS Dance	Ball Skills Fundamentals	COJOS Gymnastics	Dodgeball Yoga	Football Netball	Athletics Rounders
Year 4	COJOS Dance	Ball Skills Fundamentals	COJOS Gymnastics	Dodgeball Yoga	Football Netball	Athletics Rounders
Year 5	COJOS Dance	Swimming Fitness	Swimming Gymnastics	Swimming Dodgeball	Swimming Football	Swimming Athletics
Year 6	COJOS Swimming	Basketball Fitness	COJOS Gymnastics	Dodgeball Yoga	Football Volleyball	Athletics Rounders