



Ash Grove Academy: PE Knowledge Curriculum

		AUTUMN TERM		SPRING TERM		SUMMER TERM	
<b>YEAR 1</b>	Monday	Movement Skills 1	Movement Skills 2	Dance – Animals	Invasion Games Skills 1	Net and Wall Game Skills 1	Tri Golf
	Friday	Target Games 1	Gymnastic Skills 1	Gymnastic Skills 2	Movement Skills 3	Striking and Fielding Game Skills 1	Athletics 2
<b>YEAR 2</b>	Monday	Movement Skills 2	Movement Skills 3	Dance – Animals	Invasion Game Skills 2	Striking and Fielding Game Skills 2	Tri Golf
	Friday	Target Games 3	Gymnastic Skills 1	Gymnastic Skills 2	Net and Wall Game Skills 2	Athletics	
<b>YEAR 3</b>	Monday	Tag Rugby	Gymnastic Skills 1	Health Related Fitness	Football	Hockey	Athletics
	Friday	OAA	Handball	Dodgeball	Cricket	Rounders	
<b>YEAR 4</b>	Monday	Tag Rugby	Gymnastic Skills 1	Health Related Fitness	Football	Hockey	Athletics
	Friday	OAA	Handball	Dodgeball	Cricket	Tennis	Rounders
<b>YEAR 5</b>	Monday	Tag Rugby	Gymnastic Skills 1	Health Related Fitness	Football	Hockey	Athletics
	Friday	Leadership	Handball	Dodgeball	Cricket	Tennis	Rounders
<b>YEAR 6</b>	Monday	Tag Rugby	Gymnastic Skills	Health Related Fitness	Football	Hockey	Athletics
	Friday	Team Building and Problem Solving	Handball	Dodgeball	Cricket	Tennis	Rounders