



## BHM PESSPA Curriculum Overview 2021-22

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	<b>Lesson Focus</b>	<b>Games</b>	<b>Gymnastics</b>	<b>Athletics</b>	<b>Games</b>	<b>Dance</b>	<b>Athletics</b>
<b>Y1</b>	<b>Lesson Focus</b>	<b>Target Games</b>	<b>Gymnastics</b>	<b>Invasion Games</b>	<b>Dance</b>	<b>Multi-Sports</b>	<b>Athletics</b>
	PB Focus	Running for distance	Throwing for Accuracy	Running- changing direction	Balance	Agility and Co-ordination	Dance
<b>Y2</b>	<b>Lesson Focus</b>	<b>Target Games</b>	<b>Gymnastics</b>	<b>Invasion Games</b>	<b>Dance</b>	<b>Multi-Sports</b>	<b>Athletics</b>
	PB Focus	Running for distance	Throwing for accuracy	Running- changing direction	Balance	Agility and Co-ordination	Dance
<b>Y3</b>	<b>Lesson Focus</b>	<b>Swimming</b>	<b>Swimming</b>	<b>Swimming</b>	<b>Invasion Games</b>	<b>Dance</b>	<b>Athletics</b>
	PB Focus	Running for distance	Throwing for distance	Hurdle Run	Throwing for accuracy 2	Skipping	Throwing and catching
<b>Y4</b>	<b>Lesson Focus</b>	<b>Gymnastics</b>	<b>Invasion Games</b>	<b>OAA</b>	<b>Net and Wall Games</b>	<b>Striking and Fielding Games</b>	<b>Athletics</b>
	PB Focus	Running for distance	Throwing for distance	Hurdle Run	Throwing for accuracy 2	Skipping	Throwing and catching
<b>Y5</b>	<b>Lesson Focus</b>	<b>Gymnastics</b>	<b>Invasion Games</b>	<b>Dance</b>	<b>Target Games</b>	<b>Striking and Fielding Games</b>	<b>Athletics</b>
	PB Focus	Running for distance	Throwing and catching	Skipping	Throwing for distance	Hurdle Run	Throwing for accuracy
<b>Y6</b>	<b>Lesson Focus</b>	<b>Gymnastics</b>	<b>Net and Wall Games</b>	<b>Invasion Games</b>	<b>OAA</b>	<b>Striking and Fielding Games</b>	<b>Athletics</b>
	PB Focus	Running for distance	Throwing and catching	Skipping	Throwing for distance	Hurdle Run	Throwing for accuracy