Rising Stars

PE Curriculum Overview 2022-23

PE Hub + iMoves

Year Group		Autumn Term		Spring Term		Summer Term	
		Term 1	Term 2	Term 1	Term 2	Term 1	Term 2
Reception	Indoor	iMoves Gymnastics		iMoves Dance (Under the Sea)	PE Hub 'Speed Agility Travel'	iMoves Fundamental Skills	iMoves Fundamental Skills
SPORTING HEROES		USAIN BOLT (BASKETBALL)	SERENA WILLIAMS (TENNIS)	LAUREN STEADMAN (PARA-TRIATHLETE)	JODY CUNDY (PARA-CYCLIST)	LEWIS HAMILTON (MOTOR RACING)	JESSICA ENNIS-HILL (ATHLETICS)
Year 1	Indoor	iMoves Gymnastics		iMoves Dance (Healthy Me)	Unit 3 'Skip to the beat'	iMoves Dance (Fairy Tales)	Unit 1 'Multi-skills'
	Outdoor	Unit 5 'Throwing and catching'	Unit 4 'Brilliant ball skills'	Unit 5 'Throwing and catching' (Repeated)	Unit 4 'Brilliant ball skills' (Repeated)	Unit 6 'Active Athletics'	Challenge Day Preparation + Skills Assessments
SPORTING HEROES		MICHAEL JORDAN (BASKETBALL)	LINDSEY VONN (SKIING)	ELLIE SIMMONDS (PARA-SWIMMER)	JONNIE PEACOCK (PARA-ATHLETE)	MO FARAH (ATHLETICS)	KELLY SMITH (FOOTBALL)
Year 2	Indoor	iMoves Gymnastics		iMoves Dance (The Rainforest)	Unit 3 'Skip to the beat'	iMoves Dance (Countries)	Unit 1 'Multi-skills'
	Outdoor	Unit 5 'Throwing and catching'	Unit 4 'Brilliant ball skills'	Unit 5 'Throwing and catching' (Repeated)	Unit 4 'Brilliant ball skills' (Repeated)	Unit 6 'Active Athletics'	Challenge Day Preparation + Skills Assessments
SPORTING HEROES		MUHAMMAD ALI (BOXING)	BILLIE JEAN-KING (TENNIS)	SARAH STOREY (PARA-CYCLIST)	WILL BAYLEY (PARA-TABLE TENNIS)	BOBBY MOORE (FOOTBALL)	DINA ASHER-SMITH (ATHLETICS)

Year Group		Autumn Term		Spring Term		Summer Term	
		Term 1	Term 2	Term 1	Term 2	Term 1	Term 2
Year 3	Indoor	iMoves Gymnastics		iMoves Dance (Samba)	Unit 3 'Skip to the Beat'	iMoves Dance (Bollywood)	Unit 1 'Multi-Skills'
	Outdoor	PE Hub 'Handball'	PE Hub 'Hockey'	PE Hub 'Football'	iMoves 'Basketball'	Unit 6 'Active Athletics'	PE Hub 'Rounders'
SPORTING HEROES		PELE (FOOTBALL)	NADIA COMANECI (GYMNASTICS)	HANNAH COCKROFT (PARA-ATHLETE)	LEE PEARSON (PARA-EQUESTRIAN)	ANTHONY JOSHUA (BOXING)	VIRGINIA WADE (TENNIS)
Year 4	Indoor	iMoves Gymnastics + Swimming		iMoves Dance (Ancient Greeks)	Unit 3 'Skip to the Beat'	iMoves Dance (Urban Freestyle)	Unit 1 'Boot Camp'
	Outdoor	PE Hub 'Handball'	PE Hub 'Hockey'	PE Hub 'Football'	iMoves 'Basketball'	Unit 6 'Young Olympians'	PE Hub 'Rounders'
SPORTING HEROES		ARTHUR ASHE (TENNIS)	SIMONE BILES (GYMNASTICS)	SOPHIE CHRISTIANSEN (PARA-EQUESTRIAN)	DAVID WEIR (PARA-ATHLETE)	SIR STEVE REDGRAVE (ROWING)	NICOLA ADAMS (BOXING)
Year 5	Indoor	iMoves Gymnastics		iMoves Dance (Strictly)	Unit 1 'Boot Camp'	iMoves Dance (Street Jazz)	iMoves 'Badminton'
	Outdoor	PE Hub 'Handball'	PE Hub 'Hockey'	PE Hub 'Football'	iMoves 'Basketball'	Unit 6 'Young Olympians'	PE Hub 'Rounders'
SPORTING HEROES		TIGER WOODS (GOLF)	MEGAN RAPINOE (FOOTBALL)	KADEENA COX (PARA-ATHLETE)	SASCHA KINDRED (PARA-SWIMMER)	SIR CHRIS HOY (CYCLING)	KATHERINE GRAINGER (ROWING)
Year 6	Indoor	iMoves Gymnastics		iMoves Dance (World War 2)	Unit 1 'Boot Camp'	iMoves Dance (Hip Hop)	iMoves 'Badminton'
	Outdoor	PE Hub 'Handball'	PE Hub 'Hockey'	PE Hub 'Football'	iMoves 'Basketball'	Unit 6 'Young Olympians'	PE Hub 'Rounders'
SPORTING HEROES		JESSIE OWENS (ATHLETICS)	KATIE LEDECKY (SWIMMING)	TANNI GREY-THOMPSON (PARA-ATHLETE)	ALI JAWAD (PARA-POWER LIFTER)	ADAM PEATY (SWIMMING)	VICTORIA PENDLETON (CYCLING)