



Rising Stars

PE Curriculum Overview 2023-24

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 Dance (Weather) | 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) | PE Hub 'OAA Activities' |
| | 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) | PE Hub 'OAA Activities' |
| | 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) |

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|-----------------|---------|------------------------------------|--------------------------------|--|----------------------------------|-----------------------------------|---------------------------------|
| | | 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) | PE Hub 'OAA Activities' |
| | Outdoor | PE Hub 'Handball' | PE Hub 'Hockey' | PE Hub 'Football' | PE Hub 'Rounders' | iMoves 'Basketball' | Unit 6 'Active Athletics' |
| 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 (Freestyle) | PE Hub 'OAA Activities' |
| | Outdoor | PE Hub 'Handball' | PE Hub 'Hockey' | PE Hub 'Football' | PE Hub 'Rounders' | iMoves 'Basketball' | Unit 6 'Young Olympians' |
| 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) | PE Hub 'OAA Activities' |
| | Outdoor | PE Hub 'Handball' | PE Hub 'Hockey' | PE Hub 'Football' | PE Hub 'Rounders' | iMoves 'Basketball' | Unit 6 'Young Olympians' |
| 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 (Savannah Harvest) | Unit 1 'Boot Camp' | iMoves Dance (Hip Hop) | PE Hub 'OAA Activities' |
| | Outdoor | PE Hub 'Handball' | PE Hub 'Hockey' | PE Hub 'Football' | PE Hub 'Rounders' | iMoves 'Basketball' | Unit 6 'Young Olympians' |
| SPORTING HEROES | | JESSIE OWENS (ATHLETICS) | KATIE LEDECKY (SWIMMING) | TANNI GREY-THOMPSON (PARA-ATHLETE) | ALI JAWAD (PARA-POWER LIFTER) | ADAM PEATY (SWIMMING) | VICTORIA PENDLETON (CYCLING) |

