



Overview of Physical Education (Dance & Gym) Lessons for Spring Vale Primary School 2022-2023



Reception – Teacher Led Session and Cool Kids

Autumn 1 – Teddy Bear Picnic – Linked to Bears

Autumn 2 – Jungle Boogie – Linked to Animals

Spring 1 – All About me – Linked to Marvellous Me

Spring 2 – People Who Help Us – Linked to People Who Help Us

Summer 1 – Let's Go on an Adventure – Linked to Our World

Summer 2 – Jitterbugs – Linked to Our World: Living Things

Year 1 – SE

Autumn 1 – Dance – Our Community and Where We Live – Linked to Geography topic

Autumn 2 – Gymnastics – An introduction to gymnastics in Year 1

Spring 1 – Dance – Toys – Linked to History topic

Spring 2 – Gymnastics – Floor Skills

Summer 1 – Dance – Famous Musicals – Linked to our World

Summer 2 – Net/Wall or Athletics

Year 2 – SE

Autumn 1 – Dance – Famous Singers & Musicians – Linked to History topic

Autumn 2 – Gymnastics – An introduction to gymnastics in Year 2

Spring 1 – Dance – The Great Fire of London – Linked to History Topic

Spring 2 – Gymnastics – Floor Skills

Summer 1 – Dance – The Seaside – Linked to Geography topic

Summer 2 – Net/Wall or Athletics

Year 3 – SE

Autumn 1 – Dance – The Rainforest – Linked to Geography topic

Autumn 2 – Gymnastics – An introduction to gymnastics in Year 3

Spring 1 – Dance – The Stone Age – Linked to History Topic

Spring 2 – Gymnastics – Floor Skills

Summer 1 – Dance – Shadows and Forces – Linked to Science topic

Summer 2 – Net/Wall or Athletics

Year 4 – SE

Autumn 1 – Dance – The Vikings – Linked to History topic

Autumn 2 – Gymnastics – An introduction to gymnastics in Year 4

Spring 1 – Dance – Dances from Around the World – Linked to Geography Italy Topic

Spring 2 – Gymnastics – Floor Skills

Summer 1 – Dance – The Egyptians – Linked to History topic

Summer 2 – Net/Wall or Athletics

Year 5 – SE

Autumn 1 – Dance – Space and Extreme Earth – Linked to Science topic

Autumn 2 – Gymnastics – An introduction to gymnastics in Year 5

Spring 1 – Dance – The Titanic – Linked to History Topic

Spring 2 – Gymnastics – Floor Skills

Summer 1 – Dance – Dance Through the Ages – Linked to History topic

Summer 2 – Net/Wall or Athletics

Year 6 – SE

Autumn 1 – Dance – World War 2 – Linked to History topic

Autumn 2 – Gymnastics – An introduction to gymnastics in Year 6

Spring 1 – Dance – Fitness & Healthy Lifestyles – Linked to Science Topic

Spring 2 – Gymnastics – Floor Skills

Summer 1 – Dance – Electricity and Forces – Linked to Science topic

Summer 2 – Net/Wall or Athletics