

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Introduction to PE 1 - move safely and sensibly in a space with consideration of others, develop moving safely and stopping with control, use equipment safely and responsibly, use different travelling actions whilst following a path, work with others co- operatively and play as a group, follow, copy and lead a partner.	Fundamentals 1 - develop balancing whilst stationary and on the move, develop running and stopping, develop changing direction, develop jumping and landing, develop hopping and landing with control, explore different ways to travel.	Dance 1  - use counts of 8 to know when to change action, explore different body parts and how they move, explore different body parts and how they move and remember and repeat actions, express and communicate ideas through movement exploring directions and levels, move with control and coordination, linking, copying and repeating actions.	Ball skills 1 - develop rolling a ball to a target, develop stopping a rolling ball, develop accuracy when throwing to a target, develop bouncing and catching a ball, develop dribbling a ball with your feet, develop kicking a ball.	Games 1 - work safely and develop running and stopping, develop throwing and learn how to keep score, be able to play games showing an understanding of the different roles within it, follow instructions and move safely when playing tagging games, work cooperatively and learn to take turns, work with others to play team games.	Gymnastics 1 - copy and create shapes with your body, create shapes whilst on apparatus, develop balancing and taking weight on different body parts, develop jumping and landing safely, develop rocking and rolling, copy and create short sequences linking actions together.
Reception	Introduction to PE 2 - move around safely in space, stop safely and develop control when using equipment, follow a path and take turns, work co-operatively with a partner.	Ball skills 2 - develop rolling and tracking a ball, develop accuracy when throwing to a target, develop dribbling with hands, develop throwing and catching with a partner, develop dribbling a ball with your feet, develop	Fundamentals 2 - develop balancing, develop running and stopping, develop changing direction, develop jumping and hopping, explore different ways to travel using equipment.	Dance 2 - use counting to help to stay in time with the music when copying and creating actions, move safely with confidence and imagination, communicating ideas through movement, explore movement using a prop with	Gymnastics 2 - create short sequences using shapes, balances and travelling actions, develop balancing and safely using apparatus, develop jumping and landing safely from a height, develop rocking and rolling, explore	Games 2 - develop accuracy when throwing and practise keeping score, follow instructions and move safely when play tagging games, learn to play against an opponent, play by the rules and develop coordination, explore



		kicking a ball to a target.		control and co- ordination, move with control and coordination, expressing ideas through movement and repeating actions, move with control and coordination,	travelling around, over and through apparatus, create short sequences linking actions together and including apparatus.	striking a ball and keeping score, work co-operatively as a team.
				expressing ideas through movement.		
Year 1	Ball Skills - catch with two hands, dribble with hands and feet, roll and throw with some accuracy towards a target, track an approaching ball.  Fitness -recognise changes in my body when I	Gymnastics -link simple actions together to create a sequence, make my body tense, relaxed, stretched and curled, remember and repeat actions and shapes, use apparatus safely and wait for my turn.	Dance -copy, remember and repeat actions, use different parts of the body in isolation and together, choose appropriate movements for different dance ideas, show some sense of dynamic and expressive qualities.	Sending and receiving -beginning to send and receive a ball with feet, catch a ball with some resources, roll a ball towards a target, throw a ball to a partner, track an approaching ball.  Target games -roll a ball towards a	Athletics -To learn to move at different speeds for varying distances, develop throwing for distance and accuracy explore hopping, jumping and leaping for distance,  Team building -co-operate and	Striking and fielding -develop underarm throwing and catching and put this into small sided games, develop overarm throwing, develop striking a ball with my hand and equipment, retrieve a ball when fielding.  Ball skills - catch with two
	exercise, recognise how exercise makes me feel, try my best in challenges, understand importance of warm up.	-change direction to move away from a defender, send and receive a ball with hands and feet, stay with a player when defending, understand when to defend and attack.	Fundamentals -change direction when moving at speed, run at different speeds, show hopping and jumping movements, show balance and co- ordination when static and moving at a slow speed.	target, use an overarm throw aiming towards a target, use an underarm throw aiming towards a target	communicate with a partner to solve challenges, explore and develop teamwork skills, use communication skills to lead a partner.	hands, dribble with hands and feet, roll and throw with some accuracy towards a target, track an approaching ball.



Year 2	Invasion	Gymnastics	Dance	Sending and	Athletics	Striking and fielding
	-dodge and find space	-perform the basic	-copy, remember,	receiving	-develop the sprinting	-develop accuracy in
	away from the other	gymnastic actions	repeat and create	-beginning to trap and	action, develop	underarm throwing
	team, move with a	with some control and	dance phrases, show	cushion a ball that is	jumping for distance,	and consistency in
	ball towards a goal,	balance, plan and	a character and idea	coming towards me,	develop technique	catching when fielding
	stay with another	repeat simple	through the actions	accurately throw and	when jumping for	a ball, develop striking
	player to try and win	sequences of actions,	and dynamics I	kick a ball to a	height, develop	for distance and
	the ball.	use direction and	choose, use counts to	partner, catch a ball	throwing for distance	accuracy, develop
		levels to make my	stay in time to the	passed to me with	and accuracy.	accuracy with
	Ball skills	work look interesting,	music.	and without a bounce,		overarm throwing to
	-Beginning to	use shapes when		track a ball and stop it	Team building	send a ball over a
	understand and use	performing other	Fundamentals	using my hands and	-follow instructions	greater distance and
	simple tactics, dribble	skills, work safely with	-beginnng to turn and	feet.	and work with others,	limit a batter's score.
	a ball with hands and	others and apparatus.	jump in an individual		co-operate and	
	feet with some		skipping rope, show	Target games	communicate in a	Ball skills
	control, send and	Fitness	balance when	-throw, roll, kick or	small group to solve	Beginning to
	receive a ball using	-describe how my	changing direction,	strike a ball to a target	challenges, create a	understand and use
	both kicking, throwing	body feels during	show	with some success,	plan with a group to	simple tactics, dribble
	and catching skills,	exercise, persevere	hopping/skipping and	work co-operatively	solve the challenges,	a ball with hands and
	track a ball and collect	with new challenges,	jumping movements	with a partner and a	communicate	feet with some
	it.	show determination to	with some balance	small group,	effectively and	control, send and
		continue working over	and control, show	understand the	develop trust.	receive a ball using
		a longer period of	balance and co-	principles of a target		both kicking, throwing
		time.	ordination when	game and use		and catching skills,
			running and different	different scoring		track a ball and collect
			speeds.	systems.		it.
Year 3	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
	-swim one width using	-swim one width using	-swim one width using	-swim one width using	-swim one width using	-swim one width using
	no flotation devices,	no flotation devices,	no flotation devices,	no flotation devices,	no flotation devices,	no flotation devices,
	swim one width of	swim one width of	swim one width of	swim one width of	swim one width of	swim one width of
	breaststroke, swim	breaststroke, swim	breaststroke, swim	breaststroke, swim	breaststroke, swim	breaststroke, swim
	one width of	one width of	one width of	one width of	one width of	one width of
	backstroke, swim one	backstroke, swim one	backstroke, swim one	backstroke, swim one	backstroke, swim one	backstroke, swim one
	width of frontcrawl,	width of frontcrawl,	width of frontcrawl,	width of frontcrawl,	width of frontcrawl,	width of frontcrawl,
	swim 25m using a	swim 25m using a	swim 25m using a	swim 25m using a	swim 25m using a	swim 25m using a



	safe stroke without flotation (e.g. doggy paddle), swim 25m of a recognised stroke (backstroke, breaststroke, frontcrawl).	safe stroke without flotation (e.g. doggy paddle), swim 25m of a recognised stroke (backstroke, breaststroke, frontcrawl).	safe stroke without flotation (e.g. doggy paddle), swim 25m of a recognised stroke (backstroke, breaststroke, frontcrawl).	safe stroke without flotation (e.g. doggy paddle), swim 25m of a recognised stroke (backstroke, breaststroke, frontcrawl).	safe stroke without flotation (e.g. doggy paddle), swim 25m of a recognised stroke (backstroke, breaststroke, frontcrawl).	safe stroke without flotation (e.g. doggy paddle), swim 25m of a recognised stroke (backstroke, breaststroke, frontcrawl).
	Fundamentals -jump and turn in a skipping rope, link hopping and jumping actions, demonstrate balance when performing other fundamental skills.	Gymnastics -adapt sequences to suit different types of apparatus, choose actions that flow well into one another, choose and plan a sequence of contrasting actions, complete actions with increasing balance and control, move in unison with a partner.	Fitness -collect and record scores, recognising my strengths, complete exercises with control, persevere when finding a challenge hard, use key points to help me improve my sprinting technique.	Dodgeball -learn the rules of the game and begin to use them fairly, understand the aim of the game, work cooperatively with my group to self-manage games.	Athletics -develop changeover in relay events, develop jumping technique in a range of approaches and take off positions, develop the sprinting technique and improve on your personal best.	Cricket -develop overarm throwing and catching, develop underarm bowling, learn how to grip the bat and develop batting technique.
Year 4	Swimming - swim a width using no floats, swim 25m of backstroke, swim 25m of breaststroke, swim 25m of frontcrawl, swim 50m using a safe technique, swim one width of butterfly, understand how to perform a safe rescue in water.	Swimming - swim a width using no floats, swim 25m of backstroke, swim 25m of breaststroke, swim 25m of frontcrawl, swim 50m using a safe technique, swim one width of butterfly, understand how to perform a safe rescue in water.	Swimming - swim a width using no floats, swim 25m of backstroke, swim 25m of breaststroke, swim 25m of frontcrawl, swim 50m using a safe technique, swim one width of butterfly, understand how to perform a safe rescue in water.	Swimming - swim a width using no floats, swim 25m of backstroke, swim 25m of breaststroke, swim 25m of frontcrawl, swim 50m using a safe technique, swim one width of butterfly, understand how to perform a safe rescue in water.	Swimming - swim a width using no floats, swim 25m of backstroke, swim 25m of breaststroke, swim 25m of frontcrawl, swim 50m using a safe technique, swim one width of butterfly, understand how to perform a safe rescue in water.	Swimming - swim a width using no floats, swim 25m of backstroke, swim 25m of breaststroke, swim 25m of frontcrawl, swim 50m using a safe technique, swim one width of butterfly, understand how to perform a safe rescue in water.



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	Ball skills -accurately use a range of throwing techniques to throw to a target, catch different sized objects with increasing accuracy with one and two hands, consistently track the path of a ball that is not sent directly to me, dribble a ball with increasing control and coordination.	Gymnastics -plan and perform sequences with a partner that include a change of level of shape, safely perform balances individually and with a partner, understand how body tension can improve the control and quality of my movements.	Fitness -collect and record my scores and identify areas I need to improve, show balance when changing direction at speed, show control when completing activities to improve balance, show determination to continue working over a period of time.	Basketball -delay an opponent and help prevent the other team from scoring, dribble, pass, receive and shoot the ball with increasing control, move to space to help my team keep possession and score goals, use simple tactics to help my team score or gain possession.	Athletics -develop stamina and an understanding of speed and pace in relation to distance, develop power and speed in the sprinting technique, develop technique when jumping for distance, develop power and technique when throwing for distance.	Cricket -be able to field a ball using a two handed pick up and a short barrier, develop overarm bowling technique, play apply skills learnt to mini cricket.
Year 5	Hockey	Tag rugby	Dance	Fitness	Cricket	Athletics
Teal 3	-communicate with	-pass and receive the	-accurately copy and	-develop speed and	-develop overarm	-develop fluency and
	my team and move	ball with some control	repeat set	stamina, develop	throwing and	coordination when
	into space to keep	under pressure, tag	choreography,	strength using my	catching, develop	running for speed,
	possession and	opponents and close	choreograph phrases	own body weight,	underarm bowling,	develop technique
	score,	down space, know	individually and with	develop co-ordination	learn how to grip the	and coordination in
	dribble/pass/receive	what position I am	others considering	through skipping.	bat and develop	the triple jump,
	and shoot the ball	playing in and how to	actions and dynamics,		batting technique,	develop throwing with
	with some control	contribute when	confidently perform			greater control and
	under pressure, use	attacking and	different styles of	Handball	Tennis	technique.
	tracking/tackling and	defending,	dance, clearly and	-develop a variety of	-develop returning the	Rounders
	intercepting when	understand the need	fluently, showing a	passes and know	ball using a forehand	-begin to strike a ball
	playing in defence.	for tactics and identify	good sense of timing,	when to use each to	groundstroke, develop	with a rounders bat,
		when to use them in	refine the way I use	help to maintain	returning the ball	begin to develop a
	OAA	different situations.	actions, dynamics,	possession, use	using a backhand	wider range of fielding
	-navigate around a		relationships and	stepping, dribbling	groundstroke, develop	skills, work
	course using a map,		space in my dance in	and passing skills to	the underarm serve	cooperatively with
	orientate a map	Dodgeball		create space, move		others to manage a



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	confidently, work	-develop a wider	response to a	towards goal and	and understand the	game, apply rules and
	effectively with a	range of skills and	stimulus.	away from defenders,	rules of serving.	skills in a rounders
	partner and a small	begin to use some of		select and apply the		tournament.
	group, sharing ideas	these under pressure,	Volleyball	appropriate skill to		
	and agreeing on team	select the appropriate	-apply the rules, skills	score goals.		
	strategy.	action for the situation	and tactics learnt to			
		and make this	play in a volleyball			
		decision quickly, work	tournament, volley the			
		co-operatively with	ball using a set shot,			
		others to manage our	develop the dig and			
		game, understand the	understand when to			
		need for tactics and	use it, keep a			
		identify when to use	continuous rally going			
		them in different	over the net.			
		situations, understand				
		the rules and apply				
		them honestly most of				
		the time.				
Year 6	Hockey	Tag rugby	Dance	Handball	Cricket	Athletics
	-create and use space	-select the	-choreograph a dance	-use defending skills	-be able to field a ball	-develop your own
	to help my team,	appropriate action for	and work safely using	to stop an opponent	using a two handed	and others sprinting
	dribble/pass/receive	the situation and	a prop, perform	from scoring, use	pick up and a short	technique, develop
	and shoot the ball	make this decision	dances confidently	defensive skills to	barrier, develop	power, control and
	with increasing control	quickly, tag	and fluently with	gain possession,	overarm bowling	technique for the triple
	under pressure, use	opponents individually	accuracy and good	maintain possession	technique, play apply	jump, work
	marking/tackling and	and when working	timing, refine the way	under pressure.	skills learnt to mini	collaboratively in a
	/or interception to	within a unit, work	I use actions,		cricket.	team to develop the
	improve my defence,	collaboratively to	dynamics and	Fitness		officiating skills of
		create tactics with my	relationships to	-change my running		measuring, timing and
		team and evaluate the	represent ideas,	technique to adapt to	Tennis	recording.
	OAA	effectiveness of	emotions, feelings	different distances,	-return the ball using	
	-orientate a map	these.	and characters, work	collect/record/analyse	a backhand	Rounders
	efficiently to navigate		creatively and	scores to identify	groundstroke, develop	-strike a bowled ball
	around a course, pool		imaginatively on my	areas where I have	the volley and	with increasing
	ideas within a group,	Netball	own, with a partner	made the most	understand when to	accuracy, work



selecting and applying the best method to solve a problem, use critical thinking skills to form ideas and strategies to solve challenges.	shoot the ball with increasing control under pressure, select the appropriate action for the situation and make this decision quickly, use marking and / or interception to improve my defence, work collaboratively to create tactics with my team and evaluate the effectiveness of	and in a group, to choreograph and structure dances.  Dodgeball -use jumps, dodges and ducks to avoid being hit, develop catching to get an opponent out, select and apply tactics in the game, apply the rules fairly in a game.	improvement, understand the different components of fitness and ways to test and develop them, work to my maximum consistently when presented with challenges.	use it, develop the forehand groundstroke.	collaboratively to get batters out, apply tactics in the game as a batter, bowler and fielder.
	these.				