

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year N	Body awareness (washing hands, self-care)	Moving (stopping, starting, listening skills)	Moving in different ways (dance, body movements)	Moving in different ways (equipment, mats, use of resources)	Catching (rolling, knee bounce, standing catches, target)	Sports Day preparation (race etiquette) Final assessment
Year R	No PE due to being part-time	Dance (Write Dance) 40-60+ months personal development objectives	Dance (Write Dance) 40-60+ months personal development objectives	Gymnastics Moving, jumping, travelling and spatial awareness	Dance (Around the World) Simple movement patterns	Dance (Around the World) Simple movement patterns
		Fundamental movements Ball skills	Fundamental movements Ball skills throwing and catching	Athletics Run, Jump and throw	Tennis Individual skills	Sports day practice
Year 1	Gymnastics Balance, agility, co-ordination	Gymnastics Balance, agility, co-ordination	Dance (Tudor) Simple movement patterns	Dance (modern) Simple movement patterns	Team games Collaborative, involving simple tactics	Fitness/Athletics and sports day practice
	Fundamental movements. Football Individual skills	Rugby Running, passing + catching and defence.	Team games Simple attacking and defending tactics	Athletics Run, Jump and throw	Tennis Individual skills forehand and Backhand.	Sports day practice
Year 2	Team games Collaborative, involving simple tactics	Gymnastics Balance, agility, co-ordination	Dance (Feelings and emotions) Simple movement patterns	Team games Collaborative, involving simple tactics	Dance (including play rehearsals) Simple movement patterns	Fitness/Athletics and sports day practice
	Football Individual skills, dribbling and Passing.	Rugby Running, passing + catching and defence.	Team games Simple attacking and defending tactics	Athletics Run, Jump and throw	Tennis Individual skills	Sports day practice

					Forehand, Backhand, serve and rally.	
Year 3	Gymnastics Flexibility, strength, technique, control and balance, perform and compare performances	Gymnastics Flexibility, strength, technique, control and balance, perform and compare performances	Dance (Stone Age) A range of movement patterns	Dance (Stone Age) A range of movement patterns	Golf Tri-golf scheme	OAA Team building and problem solving
	Football Individual skills, dribbling, passing and games	Rugby Running, passing + catching, defence, attack.	Netball Passing + catching, shooting, defence, attack, positions, tactics and games	Athletics Run, Jump and throw	Cricket Fielding, bowling, batting and games	Tennis/Rounders
Year 4	Swimming Range of strokes	Swimming Range of strokes	Dance (Ancient Greeks) A range of movement patterns	Dance (Ancient Greeks) Performance prep A range of movement patterns	Gymnastics Flexibility, strength, technique, control and balance, perform and compare performances	OAA Problem solving and orienteering
	Football Individual skills, dribbling, passing and games	Rugby Running, passing + catching, defence, attack.	Netball Passing + catching, shooting, defence, attack, positions, tactics and games	Athletics Run, Jump and throw	Cricket Fielding, bowling, batting and games	Tennis/Rounders
Year 5	Yoga	Dance (A journey through space) A range of movement patterns	Swimming Range of strokes	Swimming Range of strokes	Gymnastics Flexibility, strength, technique, control and balance, perform and compare performances	OAA Problem solving and orienteering (including an overnight stay at TYM)
	Football Individual skills, dribbling, passing, shooting, tactics and games	Rugby Running, passing + catching, defence, attack, tactics and games	Netball Passing + catching, shooting, defence, attack, positions, tactics and games	Athletics Run, Jump and throw	Cricket Fielding, bowling, batting and games	Tennis/Rounders
Year 6	Gymnastics	Gymnastics	Dance	Dance	Swimming	Swimming

	<p>Flexibility, strength, technique, control and balance, perform and compare performances and OAA (outward bound activities on school journey)</p>	<p>Flexibility, strength, technique, control and balance, perform and compare performances</p>	<p>(West Side Story) A range of movement patterns</p>	<p>(West Side Story) A range of movement patterns</p>	<p>Range of strokes, including safe self-rescue</p>	<p>Range of strokes including safe self-rescue</p>
	<p>Football Individual skills, dribbling, passing, shooting, tactics and games</p>	<p>Rugby Running, passing + catching, defence, attack, tactics and games</p>	<p>Netball Passing + catching, shooting, defence, attack, positions, tactics and games</p>	<p>Athletics Run, Jump and throw</p>	<p>Cricket Fielding, bowling, batting and games</p>	<p>Tennis/Rounders</p>