Ρ	Ε	Autumn		Sp	Spring		Summer	
EYFS	Year	Ball Skills Rolling, pushing, throwing, catching and kicking	DanceGet Set For PEUnits:Heads, Shoulders, Kneesand Toes x 2Transport x 2Morning Routine x 1My Journey to School x1Spatial awarenessDifferent ways of moving	Equipment Ball skills continued emphasis on control with different apparatus, bats and sticks	Dance Get Set For PE Units:At The Seaside x 1 Under The Sea x1 At The Firework Display x 2 At The Farm x 2Dance continued with	Athletics Throwing, catching, jumping and running	Swimming Swimming and water safety.	
		Gymnastics	movements as well as introduc	ed to balance, co-ordinatic	expression and rhythm			
			ment also takes place through	-		vell as a heavy emphasis o	n fine motor development.	
Key Stage 1	Year A	Gymnastics developing balance, agility and co- ordination, and begin to apply these in a range of activities make body curled, tense, stretched and relaxed control body when travelling and balancing roll, curl, travel and balance in different ways	Dance Get Set for PE Units: The Secret Garden x 3 The Circus x 3 perform dances using simple movement patterns. perform own dance moves move safely in a space change rhythm, speed, level and direction in dance use dance to show a mood or feeling	Gymnastics developing balance, agility and co- ordination, and begin to apply these in a range of activities make body curled, tense, stretched and relaxed roll, curl, travel and balance in different ways control body when travelling and balancing plan and perform a sequence of movement	Dance Get Set For PE Units:The Rainforest x 3 Jack Frost x 3Jack Frost x 3perform dances using simple movement patterns. copy or make up a short dance make a sequence by linking sections together change rhythm, speed, level and direction in dance use dance to show a mood or feeling	Gymnastics developing balance, agility and co- ordination, and begin to apply these in a range of activities copy sequences and repeat them think of more than one way to create a sequence which follows some 'rules' improve sequence based on feedback	Swimming & Water Safety	
		Athletics- Running master basic movements including running, jumping, throwing and catching, as well as	Throwing & Catching master basic movements in jumping, throwing and catc participate in team games, for attacking and defending	ching, as well as developing simple tactics	Bat & Ball Skills master basic movements jumping, throwing and ca participate in team game tactics for attacking and d	tching, as well as s, developing simple	Athletics – Throwing master basic movements including running, jumping, throwing and catching, as well as	

	participate in team games, developing simple tactics for attacking and defending follow rules	throw underarm use hitting, kicking and/o decide the best space t game use a tactic in a game follow rules	o be in during a	throw and kick in differ use hitting, kicking an decide the best spac game use a tactic in a gar follow rules	d/or rolling in a game e to be in during a	participate in team games, developing simple tactics for attacking and defending throw underarm throw and kick in different ways follow rules
Year B	Gymnastics developing balance, agility and co- ordination, and begin to apply these in a range of activities make body curled, tense, stretched and relaxed control body when travelling and balancing roll, curl, travel and balance in different ways	Dance Get Set For PE Units: Weather x 3 Pirates x 3 perform dances using simple movement patterns. perform own dance moves move safely in a space change rhythm, speed, level and direction in dance use dance to show a mood or feeling	Gymnastics developing balance, agility and co- ordination, and begin to apply these in a range of activities make body curled, tense, stretched and relaxed roll, curl, travel and balance in different ways control body when travelling and balancing plan and perform a sequence of movement	DanceGet Set For PEUnits:The Last Toy x 3On Safari x 3perform dances usingsimple movementpatterns.copy or make up ashort dancemake a sequence bylinking sectionstogetherchange rhythm,speed, level anddirection in danceuse dance toshow a mood orfeeling	Gymnastics developing balance, agility and co- ordination, and begin to apply these in a range of activities copy sequences and repeat them think of more than one way to create a sequence which follows some 'rules' improve sequence based on feedback	Swimming & Water Safety
	Athletics- Jumping master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending follow rules	Throwing & Catching master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending throw underarm use hitting, kicking and/or rolling in a game decide the best space to be in during a game use a tactic in a game follow rules		Stick & Ball Skills master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending throw and kick in different ways use hitting, kicking and/or rolling in a game use a tactic in a game follow rules		Athletics – Throwing master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending throw underarm throw and kick in different ways follow rules

Кеу	Year	Gymnastics	Dance	Gymnastics	<u>Dance</u>	Gymnastics	Swimming
		develop flexibility,	Get Set For PE	develop flexibility,	Get Set For PE	develop flexibility,	Swimming & Water Safety
Stage	A	strength, technique,	Units:	strength, technique,	Units:	strength,	
2		control and balance		control and balance		technique, control	
2		adapt sequences to	The Spy x 3	adapt sequences to	States Of Matter x 3	and balance	
		suit different types of	Carnival x 3	suit different types of	The Twist x 3	adapt	
		apparatus and criteria		apparatus and		sequences to	
		explain how	Stamp, Clap x 3	criteria	Waiting For x 3	suit different	
		strength and	Bhangra x 3	explain how	70's Disco x 3	types of	
		suppleness affect		strength and		apparatus and	
		performance	perform dances using a	suppleness affect	perform dances using a	criteria	
		move in a	range of movement	performance	range of movement	explain how	
		controlled way	patterns	move in a	patterns	strength and	
		 include 	use dance to	controlled way	take the lead when	suppleness	
		change of speed	communicate an idea	 include change 	working with a	affect	
		and direction in	improvise freely and	of speed and	partner or group	performance	
		a sequence	translate ideas from	direction in a	share and create	work with a	
		combine	a stimulus into	sequence	phrases with a	partner to	
		action,	movement	make	partner and small	create,	
		balance and	compose own	complex	group	repeat and	
		shape	dances in a	extended	remember and	improve a	
		provide	creative way	sequences	repeat dance	sequence	
		support	perform dance to an	sequences to specific	perform phrases	with at least	
		and advice	accompaniment	timings	dance shows	three phases	
		to others in	choose own music	provide support and	clarity, fluency,	combine own	
		gymnastics	and style	advice to others in	accuracy and	work with that	
		and dance	provide support	gymnastics and	consistency	of others	
			and advice to	dance	develop	perform	
			others in		sequences in a	consistently to	
			gymnastics and		specific style	different	
			dance		provide	audiences	
					support and	compare and	
					advice to	contrast	
					others in	gymnastic	
					gymnastics and	sequences	
					dance	provide	
						support and	
						advice to	
						others in	
						gymnastics	
						and dance	

<u>Basketball</u>	Volleyball	Tag Rugby	Handball & Curling	<u>Tennis</u>	Athletics & Archery
play competitive games,	play competitive games,	play competitive	play competitive games,	play competitive	use running, jumping,
modified where	modified where	games, modified where	modified where	games, modified	throwing and catching in
appropriate and apply	appropriate and apply	appropriate and apply	appropriate and apply	where appropriate	isolation and in combination
basic principles suitable	basic principles suitable	basic principles suitable	basic principles suitable	and apply basic	run at fast, medium and
for attacking and	for attacking and	for attacking and	for attacking and	principles suitable	slow speeds; changing
defending	defending	defending	defending	for attacking and	speed and direction
be aware of space and	be aware of space and use	be aware of space and	be aware of space and use	defending	take part in a relay,
use it to support team-	it to support team-mates	use it to support team-	it to support team-mates	know and use	remembering when to run
mates and to cause	and to cause problems for	mates and to cause	and to cause problems for	rules fairly	and what to do
problems for the	the opposition	problems for the	the opposition	hit a ball	sprint over a short
opposition	know and use rules fairly	opposition	know and use rules fairly	accurately with	distance and show
know and use rules fairly	vary tactics and adapt	know and use rules	vary tactics and adapt	control	stamina when running
vary tactics and adapt skills	skills depending on what is	fairly	skills depending on what	vary tactics and	over a long distance
depending on what is	happening in a game	vary tactics and	is happening in a game	adapt skills	 jump in different ways
happening in a game	gain possession by	adapt skills	use a number of	depending on	 throw in different ways
use a number of	working a team and pass	depending on what is	techniques to pass,	what is happening	and hit a target, when
techniques to pass,	in different ways	happening in a game	dribble and shoot	in a game	needed
dribble and shoot	agree and explain rules to	use a number of	choose a specific tactic for	agree and explain	controlled when
choose a specific tactic	others	techniques to pass,	defending and attacking	rules to others	taking off and landing
for defending and	work as a team and	dribble and shoot	gain possession by		•throw with
attacking	communicate a plan	choose a specific	working a team and pass		increasing accuracy
gain possession by	 lead others in a game 	tactic for defending	in different ways		•combine running
working a team and pass	situation when the need	and attacking	agree and explain rules to		and jumping
in different ways	arises	gain possession by	others		demonstrate stamina
agree and explain	recognise own	working a team and	work as a team and		and increase strength
rules to others	improvement in ball	pass in different	communicate a plan		
work as a team and	games	ways	 lead others in a game 		
communicate a		agree and explain	situation when the need		
plan		rules to others	arises		
 lead others in a 		work as a team and	recognise own		
game situation		communicate a plan	improvement in ball		
when the need		 lead others in a 	games		
arises		game situation when			
recognise own		the need arises			
improvement in		recognise own			
ball games		improvement in			
		ball games			

Year	<u>Gymnastics</u>	<u>Dance</u>	Gymnastics	<u>Dance</u>	Gymnastics	Swimming
	develop flexibility,	Get Set For PE	develop flexibility,	Get Set For PE	develop flexibility,	Swimming & Water Safety
В	strength, technique,	Units:	strength, technique,	Units:	strength,	
	control and balance		control and balance		technique, control	
	adapt sequences to	Machines x 3	adapt sequences to	Country & Western x 3	and balance	
	suit different types of	A Trip To X 3	suit different types of	Superpowers x 3	adapt	
	apparatus and criteria		apparatus and		sequences to	
	explain how	Dance by Chance x 3	criteria	Ancient Maya x 3	suit different	
	strength and	Rock & Roll x 3	explain how	Chinese Dance x 3	types of	
	suppleness affect	perform dances using a	strength and		apparatus and	
	performance	range of movement	suppleness affect	perform dances using a	criteria	
	move in a	patterns	performance	range of movement	explain how	
	controlled way include 	use dance to	move in a	patterns take the lead when	strength and	
		communicate an idea	controlled way		suppleness	
	change of speed	improvise freely and translate ideas from	•include change	working with a	affect performance	
	and direction in	a stimulus into	of speed and	partner or group share and create	work with a	
	a sequence combine		direction in a			
		movement	sequence make	phrases with a partner and small	partner to	
	action, balance and	compose own dances in a			create,	
	shape	creative way	complex extended	group remember and	repeat and improve a	
	provide support	perform dance to an	sequences	repeat dance	sequence	
	and advice to	accompaniment	sequences to specific	perform phrases	with at least	
	others in	choose own music	timings	dance shows	three phases	
	gymnastics and	and style	provide support and	clarity, fluency,	combine own	
	dance	provide support	advice to others in	accuracy and	work with that	
	dance	and advice to	gymnastics and	consistency	of others	
		others in	dance	develop	perform	
		gymnastics and	dunce	sequences in a	consistently to	
		dance		specific style	different	
		dance		provide support	audiences	
				and advice to	ompare and	
				others in	contrast	
				gymnastics and	gymnastic	
				dance	sequences	
					provide support	
					and advice to	
					others in	
					gymnastics and	
					dance	
	Basketball	Hockey	Tag Rugby	Kabaddi & Dodgeball	Rounders	Athletics & Archery
	play competitive games,	play competitive games,	play competitive	play competitive games,	play competitive	use running, jumping, throwing
	modified where	modified where	games, modified where	modified where	games, modified	and catching in isolation and in
	appropriate and apply	appropriate and apply	appropriate and apply	appropriate and apply	where appropriate	combination
	basic principles suitable for	basic principles suitable	basic principles suitable	basic principles suitable	and apply basic	
	attacking and defending				principles suitable	

be aware of space and use it to support team-mates and to cause problems for the opposition know and use rules fairly vary tactics and adapt skills depending on what is happening in a game use a number of techniques to pass, dribble and shoot choose a specific tactic for defending and attacking gain possession by working a team and pass in different ways agree and explain rules to others work as a team and communicate a plan •lead others in a game situation when the need arises recognise own improvement in ball games	for attacking and defending be aware of space and use it to support team-mates and to cause problems for the opposition know and use rules fairly hit a ball accurately with control vary tactics and adapt skills depending on what is happening in a game use a number of techniques to pass, dribble and shoot choose a specific tactic for defending and attacking gain possession by working a team and pass in different ways agree and explain rules to others work as a team and communicate a plan •lead others in a game situation when the need arises	for attacking and defending be aware of space and use it to support team- mates and to cause problems for the opposition know and use rules fairly vary tactics and adapt skills depending on what is happening in a game use a number of techniques to pass, dribble and shoot choose a specific tactic for defending and attacking gain possession by working a team and pass in different ways agree and explain rules to others work as a team and communicate a plan elead others in a game situation when the need arises recognise own improvement in ball games	for attacking and defending know and use rules fairly vary tactics and adapt skills depending on what is happening in a game agree and explain rules to others work as a team and communicate a plan •lead others in a game situation when the need arises Dodgeball play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending know and use rules fairly throw and catch accurately with one hand vary tactics and adapt skills depending on what is happening in a game agree and explain rules to others work as a team and communicate a plan •lead others in a game situation when the need arises recognise own improvement in ball games	for attacking and defending know and use rules fairly throw and catch accurately with one hand hit a ball accurately with control vary tactics and adapt skills depending on what is happening in a game agree and explain rules to others work as a team and communicate a plan •lead others in a game situation when the need arises	run at fast, medium and slow speeds; changing speed and direction take part in a relay, remembering when to run and what to do sprint over a short distance and show stamina when running over a long distance •jump in different ways •throw in different ways and hit a target, when needed controlled when taking off and landing •throw with increasing accuracy •combine running and jumping demonstrate stamina and increase strength

follow a map •use clues to •follow a rout follow a map in context	door and adventurous activity cho in a familiar context follow a route	allenges both individually and v	vithin a team		
 use clues and change route use new infor plan a route a 	nto an unknown location l a compass to navigate a route to overcome a problem rmation to change route and a series of clues for someone chers, taking account of safety and				

ALL

be prepared to listen to the ideas of others

- pick up on something a partner does well and also on something that can be
- improved
- •know why own performance was better
- not as good as their last

know which sports they are good at and find out how to improve further

Year 3 & 4

Year 5 & 6