

PE		Autumn		Spring		Summer	
EYFS	Year	<u>Ball Skills</u> Rolling, pushing, throwing, catching and kicking	<u>Dance</u> <b>Get Set For PE Units:</b>  <b>Heads, Shoulders, Knees and Toes x 2</b> <b>Transport x 2</b> <b>Morning Routine x 1</b> <b>My Journey to School x1</b>  Spatial awareness Different ways of moving	<u>Equipment</u>  Ball skills continued emphasis on control with different apparatus, bats and sticks	<u>Dance</u> <b>Get Set For PE Units:</b>  <b>At The Seaside x 1</b> <b>Under The Sea x1</b> <b>At The Firework Display x 2</b> <b>At The Farm x 2</b>  Dance continued with expression and rhythm	<u>Athletics</u> Throwing, catching, jumping and running	<u>Swimming</u> Swimming and water safety.
		<u>Gymnastics</u> Begin to development basic movements as well as introduced to balance, co-ordination and agility.					
		Gross motor development also takes place through outdoor continuous provision throughout the year as well as a heavy emphasis on fine motor development.					
Key Stage 1	Year A	<u>Gymnastics</u> <i>developing balance, agility and co-ordination, and begin to apply these in a range of activities</i> make body curled, tense, stretched and relaxed control body when travelling and balancing roll, curl, travel and balance in different ways	<u>Dance</u> <b>Get Set for PE Units:</b>  <b>The Secret Garden x 3</b> <b>The Circus x 3</b>  <i>perform dances using simple movement patterns.</i> 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	<u>Gymnastics</u> <i>developing balance, agility and co-ordination, and begin to apply these in a range of activities</i> 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	<u>Dance</u> <b>Get Set For PE Units:</b>  <b>The Rainforest x 3</b> <b>Jack Frost x 3</b>  <i>perform dances using simple movement patterns.</i> 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	<u>Gymnastics</u> <i>developing balance, agility and co-ordination, and begin to apply these in a range of activities</i> copy sequences and repeat them think of more than one way to create a sequence which follows some 'rules' improve sequence based on feedback	<u>Swimming</u> Swimming & Water Safety
		<u>Athletics- Running</u> <i>master basic movements including running, jumping, throwing and catching, as well as</i>	<u>Throwing &amp; Catching</u> <i>master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending</i>	<u>Bat &amp; Ball Skills</u> <i>master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending</i>	<u>Athletics – Throwing</u> <i>master basic movements including running, jumping, throwing and catching, as well as</i>		

		<i>participate in team games, developing simple tactics for attacking and defending</i> follow rules	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	throw and kick in different ways 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	<i>participate in team games, developing simple tactics for attacking and defending</i> throw underarm throw and kick in different ways follow rules	
Year B	<b>Gymnastics</b> <i>developing balance, agility and co-ordination, and begin to apply these in a range of activities</i> make body curled, tense, stretched and relaxed control body when travelling and balancing roll, curl, travel and balance in different ways	<b>Dance</b> <b>Get Set For PE</b> <b>Units:</b> <b>Weather x 3</b> <b>Pirates x 3</b>  <i>perform dances using simple movement patterns.</i> 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	<b>Gymnastics</b> <i>developing balance, agility and co-ordination, and begin to apply these in a range of activities</i> 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	<b>Dance</b> <b>Get Set For PE</b> <b>Units:</b> <b>The Last Toy x 3</b> <b>On Safari x 3</b>  <i>perform dances using simple movement patterns.</i> 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	<b>Gymnastics</b> <i>developing balance, agility and co-ordination, and begin to apply these in a range of activities</i> copy sequences and repeat them think of more than one way to create a sequence which follows some 'rules' improve sequence based on feedback	<b>Swimming</b> Swimming & Water Safety
	<b>Athletics- Jumping</b> <i>master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending</i> follow rules	<b>Throwing &amp; Catching</b> <i>master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending</i> 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	<b>Stick &amp; Ball Skills</b> <i>master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending</i> throw and kick in different ways 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	<b>Athletics – Throwing</b> <i>master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending</i> throw underarm throw and kick in different ways follow rules		

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

	<p><b>Basketball</b>  <i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i>  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</p>	<p><b>Volleyball</b>  <i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i>  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  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</p>	<p><b>Tag Rugby</b>  <i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i>  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</p>	<p><b>Handball &amp; Curling</b>  <i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i>  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</p>	<p><b>Tennis</b>  <i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i>  know and use rules fairly  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</p>	<p><b>Athletics &amp; Archery</b>  <i>use running, jumping, throwing and catching in isolation and in combination</i>  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</p>
--	--	---	---	--	---	--

Year B	<p><b>Gymnastics</b> develop flexibility, strength, technique, control and balance</p> <p>adapt sequences to suit different types of apparatus and criteria</p> <p>explain how strength and suppleness affect performance</p> <p>move in a controlled way</p> <ul style="list-style-type: none"> <li>include change of speed and direction in a sequence</li> </ul> <p>combine action, balance and shape</p> <p>provide support and advice to others in gymnastics and dance</p>	<p><b>Dance</b> <b>Get Set For PE Units:</b></p> <p><b>Machines x 3</b> <b>A Trip To .... X 3</b></p> <p><b>Dance by Chance x 3</b> <b>Rock &amp; Roll x 3</b></p> <p><i>perform dances using a range of movement patterns</i></p> <p>use dance to communicate an idea</p> <p>improvise freely and translate ideas from a stimulus into movement</p> <p>compose own dances in a creative way</p> <p>perform dance to an accompaniment</p> <p>choose own music and style</p> <p>provide support and advice to others in gymnastics and dance</p>	<p><b>Gymnastics</b> develop flexibility, strength, technique, control and balance</p> <p>adapt sequences to suit different types of apparatus and criteria</p> <p>explain how strength and suppleness affect performance</p> <p>move in a controlled way</p> <ul style="list-style-type: none"> <li>include change of speed and direction in a sequence</li> </ul> <p>make complex extended sequences</p> <p>sequences to specific timings</p> <p>provide support and advice to others in gymnastics and dance</p>	<p><b>Dance</b> <b>Get Set For PE Units:</b></p> <p><b>Country &amp; Western x 3</b> <b>Superpowers x 3</b></p> <p><b>Ancient Maya x 3</b> <b>Chinese Dance x 3</b></p> <p><i>perform dances using a range of movement patterns</i></p> <p>take the lead when working with a partner or group</p> <p>share and create phrases with a partner and small group</p> <p>remember and repeat dance</p> <p>perform phrases</p> <p>dance shows clarity, fluency, accuracy and consistency</p> <p>develop sequences in a specific style</p> <p>provide support and advice to others in gymnastics and dance</p>	<p><b>Gymnastics</b> develop flexibility, strength, technique, control and balance</p> <p>adapt sequences to suit different types of apparatus and criteria</p> <p>explain how strength and suppleness affect performance</p> <p>work with a partner to create, repeat and improve a sequence</p> <p>with at least three phases</p> <p>combine own work with that of others</p> <p>perform consistently to different audiences</p> <p>compare and contrast gymnastic sequences</p> <p>provide support and advice to others in gymnastics and dance</p>	<p><b>Swimming</b> Swimming &amp; Water Safety</p>
	<p><b>Basketball</b> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p>	<p><b>Hockey</b> play competitive games, modified where appropriate and apply basic principles suitable</p>	<p><b>Tag Rugby</b> play competitive games, modified where appropriate and apply basic principles suitable</p>	<p><b>Kabaddi &amp; Dodgeball</b> play competitive games, modified where appropriate and apply basic principles suitable</p>	<p><b>Rounders</b> play competitive games, modified where appropriate and apply basic principles suitable</p>	<p><b>Athletics &amp; Archery</b> use running, jumping, throwing and catching in isolation and in combination</p>

		<p>be aware of space and use it to support team-mates and to cause problems for the opposition</p> <p>know and use rules fairly</p> <p>vary tactics and adapt skills depending on what is happening in a game</p> <p>use a number of techniques to pass, dribble and shoot</p> <p>choose a specific tactic for defending and attacking</p> <p>gain possession by working a team and pass in different ways</p> <p>agree and explain rules to others</p> <p>work as a team and communicate a plan</p> <ul style="list-style-type: none"> <li>•lead others in a game situation when the need arises</li> </ul> <p>recognise own improvement in ball games</p>	<p><i>for attacking and defending</i></p> <p>be aware of space and use it to support team-mates and to cause problems for the opposition</p> <p>know and use rules fairly</p> <p>hit a ball accurately with control</p> <p>vary tactics and adapt skills depending on what is happening in a game</p> <p>use a number of techniques to pass, dribble and shoot</p> <p>choose a specific tactic for defending and attacking</p> <p>gain possession by working a team and pass in different ways</p> <p>agree and explain rules to others</p> <p>work as a team and communicate a plan</p> <ul style="list-style-type: none"> <li>•lead others in a game situation when the need arises</li> </ul>	<p><i>for attacking and defending</i></p> <p>be aware of space and use it to support team-mates and to cause problems for the opposition</p> <p>know and use rules fairly</p> <p>vary tactics and adapt skills depending on what is happening in a game</p> <p>use a number of techniques to pass, dribble and shoot</p> <p>choose a specific tactic for defending and attacking</p> <p>gain possession by working a team and pass in different ways</p> <p>agree and explain rules to others</p> <p>work as a team and communicate a plan</p> <ul style="list-style-type: none"> <li>•lead others in a game situation when the need arises</li> </ul> <p>recognise own improvement in ball games</p>	<p><i>for attacking and defending</i></p> <p>know and use rules fairly</p> <p>vary tactics and adapt skills depending on what is happening in a game</p> <p>agree and explain rules to others</p> <p>work as a team and communicate a plan</p> <ul style="list-style-type: none"> <li>•lead others in a game situation when the need arises</li> </ul> <p>Dodgeball</p> <p>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p> <p>know and use rules fairly</p> <p>throw and catch accurately with one hand</p> <p>vary tactics and adapt skills depending on what is happening in a game</p> <p>agree and explain rules to others</p> <p>work as a team and communicate a plan</p> <ul style="list-style-type: none"> <li>•lead others in a game situation when the need arises</li> </ul> <p>recognise own improvement in ball games</p>	<p><i>for attacking and defending</i></p> <p>know and use rules fairly</p> <p>throw and catch accurately with one hand</p> <p>hit a ball accurately with control</p> <p>vary tactics and adapt skills depending on what is happening in a game</p> <p>agree and explain rules to others</p> <p>work as a team and communicate a plan</p> <ul style="list-style-type: none"> <li>•lead others in a game situation when the need arises</li> </ul>	<p>run at fast, medium and slow speeds; changing speed and direction</p> <p>take part in a relay, remembering when to run and what to do</p> <p>sprint over a short distance and show stamina when running over a long distance</p> <ul style="list-style-type: none"> <li>•jump in different ways</li> <li>•throw in different ways and hit a target, when needed</li> </ul> <p>controlled when taking off and landing</p> <ul style="list-style-type: none"> <li>•throw with increasing accuracy</li> <li>•combine running and jumping</li> </ul> <p>demonstrate stamina and increase strength</p>

--	--	--	--	--	--	--	--

**Outdoor & Adventurous Activity**  
*take part in outdoor and adventurous activity challenges both individually and within a team*

follow a map in a familiar context

- use clues to follow a route
- follow a route safely

follow a map in a (more demanding) familiar context

- follow a route within a time limit

follow a map into an unknown location

- use clues and a compass to navigate a route
- change route to overcome a problem
- use new information to change route

plan a route and a series of clues for someone else

- plan with others, taking account of safety and danger

**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