

PE		Autumn		Spring		Summer	
EYFS	Year A	Ball Skills Rolling, pushing, throwing, catching and kicking	Dance Spatial awareness Different ways of moving	Equipment Ball skills continued emphasis on control with different apparatus, bats and sticks	Dance Dance continued with expression and rhythm	Athletics Throwing, catching, jumping and running	Swimming Swimming and water safety.
		Gymnastics 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	Gymnastics <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	Dance <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	Gymnastics <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	Dance <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	Gymnastics <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	Swimming Swimming & Water Safety
		Athletics- Running <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	Throwing & Catching <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	Bat & Ball Skills <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	Athletics – Throwing <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		

Year B	<p><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</p>	<p><u>Dance</u> <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</p>	<p><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</p>	<p><u>Dance</u> <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</p>	<p><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</p>	<p><u>Swimming</u> Swimming & Water Safety</p>
	<p><u>Athletics- Jumping</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> follow rules</p>	<p><u>Throwing & 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> 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</p>		<p><u>Stick & 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> 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</p>	<p><u>Athletics – Throwing</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> throw underarm throw and kick in different ways follow rules</p>	

Key Stage 2	Year A	<p>Gymnastics develop flexibility, strength, technique, control and balance 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>Dance perform dances using a range of movement patterns 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>Gymnastics develop flexibility, strength, technique, control and balance 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>Dance perform dances using a range of movement patterns 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>Gymnastics develop flexibility, strength, technique, control and balance 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>Swimming Swimming & Water Safety</p>
		<p>Basketball play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending be aware of space and use it to support team-mates and to cause</p>	<p>Tag Rugby play competitive games, modified where appropriate and apply basic principles suitable 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</p>	<p>Kabaddi play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending know and use rules fairly</p>	<p>Handball play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending be aware of space and use it to support team-mates and to cause</p>	<p>Tennis play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending know and use rules fairly hit a ball accurately with control</p>	<p>Athletics use running, jumping, throwing and catching in isolation and in combination run at fast, medium and slow speeds; changing speed and direction</p>

	<p>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>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>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</p>	<p>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>vary tactics and adapt skills depending on what is happening in a game agree and explain rules to others</p>	<p>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>Gymnastics <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</p>	<p>Dance <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</p>	<p>Gymnastics <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</p>	<p>Dance <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</p>	<p>Gymnastics <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</p>	<p>Swimming Swimming & Water Safety</p>

		<p>combine action, balance and shape</p> <p>provide support and advice to others in gymnastics and dance</p>	<p>choose own music and style</p> <p>provide support and advice to others in gymnastics and dance</p>	<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>develop sequences in a specific style</p> <p>provide support and advice to others in gymnastics and dance</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>Netball</p> <p><i>play competitive games, modified where appropriate and apply basic principles suitable 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> <p>•lead others in a game situation when the need arises</p>	<p>Dodgeball</p> <p><i>play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></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> <p>•lead others in a game situation when the need arises</p> <p>recognise own improvement in ball games</p>	<p>Tag Rugby</p> <p><i>play competitive games, modified where appropriate and apply basic principles suitable 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> <p>•lead others in a game situation when the need arises</p>	<p>Handball</p> <p><i>play competitive games, modified where appropriate and apply basic principles suitable 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> <p>•lead others in a game situation when the need arises</p>	<p>Rounders</p> <p><i>play competitive games, modified where appropriate and apply basic principles suitable 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> <p>•lead others in a game situation when the need arises</p>	<p>Athletics</p> <p><i>use running, jumping, throwing and catching in isolation and in combination</i></p> <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> <p>•jump in different ways</p> <p>•throw in different ways and hit a target, when needed</p> <p>controlled when taking off and landing</p> <p>•throw with increasing accuracy</p> <p>•combine running and jumping</p> <p>demonstrate stamina and increase strength</p>

				recognise own improvement in ball games	recognise own improvement in ball games		
Year C	<p>Gymnastics 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> <p>include change of speed and direction in a sequence</p> <p>combine action, balance and shape</p> <p>provide support and advice to others in gymnastics and dance</p>	<p>Dance perform dances using a range of movement patterns</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>Gymnastics 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> <p>include change of speed and direction in a sequence</p> <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>Dance perform dances using a range of movement patterns</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>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>Gymnastics 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 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>Swimming Swimming & Water Safety</p>	

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