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.
		,	novements as well as introduce				6
Key Stage 1	Year A	Gross motor develops 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 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 perform 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	ell as a heavy emphasis on 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 Swimming & Water Safety
	Athletics- Running 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 throwing and catching, as well as participate and defending throw underarm use hitting, kicking and/or rolling in a decide the best space to be in during game use a tactic in a game follow rules		well as participate in inple tactics for attacking or rolling in a game or be in during a	Bat & 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 decide the best space to be in during 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	

Year	<u>Gymnastics</u>	<u>Dance</u>	<u>Gymnastics</u>	<u>Dance</u>	<u>Gymnastics</u>	Swimming
	developing balance,	perform dances using	developing balance,	perform dances using	developing balance,	Swimming & Water Safety
В	agility and co-ordination,	simple movement patterns.	agility and co-	simple movement	agility and co-	
	and begin to apply these	perform own dance	ordination, and begin	patterns.	ordination, and begin	
	in a range of activities	moves	to apply these in a	copy or make up a	to apply these in a	
	make body curled, tense,	move safely in a	range of activities	short dance	range of activities	
	stretched and relaxed	space	make body curled, tense,	make a sequence by	copy sequences and	
	control body when	change rhythm, speed,	stretched and relaxed	linking sections	repeat them	
	travelling and balancing	level and direction in	roll, curl, travel and	together	think of more than	
	roll, curl, travel and	dance	balance in different	change rhythm,	one way to create	
	balance in different ways	use dance to show a	ways	speed, level and	a sequence which	
		mood or feeling	control body when	direction in dance	follows some	
			travelling and	use dance to	'rules'	
			balancing	show a mood or	improve	
			plan and perform a	feeling	sequence based	
			sequence of movement		on feedback	
	Athletics- Jumping	Throwing & Catching	1	Stick & Ball Skills	1	Athletics - Throwing
	master basic movements	master basic movements incl	luding running, jumping,	master basic movements i	3	master basic movements
	including running, jumping,	throwing and catching, as w		jumping, throwing and ca	tching, as well as	including running, jumping,
	throwing and catching, as	games, developing simple ta	ctics for attacking and	participate in team games	s, developing simple tactics	throwing and catching, as well
	well as participate in team	defending		for attacking and defendi	9	as participate in team games,
	games, developing simple	throw underarm		throw and kick in differe	nt ways	developing simple tactics for
	tactics for attacking and	use hitting, kicking and/or rolling in a game		use hitting, kicking and/or rolling in a game		attacking and defending
	defending	decide the best space to be	in during a game	decide the best space		throw underarm
	follow rules	use a tactic in a game	3 3	game	3	throw and kick in
		follow rules		use a tactic in a gan	ie	different ways
				follow rules		follow rules

Key Stage 2	Year	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	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	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	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	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	Swimming & Water Safety
		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	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	Kabaddi play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending know and use rules fairly	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	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	Athletics use running, jumping, throwing and catching in isolation and in combination run at fast, medium and slow speeds; changing speed and direction

vary tactics and adapt problems for the vary tactics and adapt problems for the vary tactics and adapt take part in a relay, skills depending on what skills depending on what remembering when to opposition opposition skills depending on know and use rules fairly is happening in a game is happening in a game know and use rules fairly what is happening in a run and what to do use a number of techniques vary tactics and adapt agree and explain rules vary tactics and adapt sprint over a short skills depending on what is agree and explain rules to pass, dribble and shoot to others skills depending on what distance and show happening in a game choose a specific tactic work as a team and is happening in a game to others stamina when for defending and use a number of use a number of running over a long communicate a plan techniques to pass, attacking ·lead others in a game techniques to pass, distance dribble and shoot dribble and shoot •jump in different gain possession by situation when the need choose a specific tactic working a team and choose a specific tactic arises ways throw in different for defending and pass in different ways for defending and ways and hit a attacking agree and explain rules attacking gain possession by to others gain possession by target, when working a team and work as a team and working a team and needed pass in different ways pass in different ways communicate a plan controlled when agree and explain ·lead others in a game agree and explain rules taking off and rules to others situation when the need to others landing work as a team and •throw with work as a team arises communicate a plan and communicate a recognise own increasing ·lead others in a game plan improvement in ball accuracy ·lead others in a situation when the need games •combine game situation arises running and when the need recognise own jumping improvement in ball arises demonstrate recognise own stamina and games improvement in increase strength ball games **Gymnastics Gymnastics Gymnastics Swimming** Dance Dance Year develop flexibility, perform dances using a develop flexibility, perform dances using develop flexibility, Swimming & Water Safety strength, technique, range of movement strength, technique, a range of movement strength, technique, control and balance control and balance control and balance patterns patterns take the lead when adapt sequences to use dance to adapt sequences to adapt sequences to suit different types of communicate an idea suit different types of working with a suit different types of apparatus and criteria apparatus and criteria apparatus and improvise freely and partner or group explain how translate ideas from a explain how share and create criteria strength and stimulus into strength and phrases with a explain how strength suppleness affect movement suppleness affect partner and and suppleness affect performance performance small group performance compose own move in a move in a remember and work with a dances in a creative controlled way controlled way way repeat dance partner to create, perform dance to an •include ·include change perform phrases repeat and of speed and change of speed dance shows accompaniment improve a and direction in direction in a clarity, fluency, sequence with at accuracy and a sequence sequence least three phases consistency

combine action, balance and shape provide support and advice to others in gymnastics and dance	choose own music and style provide support and advice to others in gymnastics and dance	make complex extended sequences sequences to specific timings provide support and advice to others in gymnastics and dance	develop sequences in a specific style provide support and advice to others in gymnastics and dance	combine own work with that of others perform consistently to different audiences ompare and contrast gymnastic sequences provide support and advice to others in gymnastics and dance	
Netball 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 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 aagree and explain rules to others work as a team and communicate a plan ·lead others in a game situation when the need arises	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	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 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	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 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	Rounders 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 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	Athletics use running, jumping, throwing and catching in isolation and in combination 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

			recognise own improvement in ball games	recognise own improvement in ball games		
Year C	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	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	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	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	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	Swimming & Water Safety

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 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

Dodgeball

games

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

Hockey

play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending be aware of space and use it to support teammates 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

Kabaddi

play competitive games, modified where appropriate and apply basic principles suitable 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

Volleyball

play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending be aware of space and use it to support teammates 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

games

improvement in ball

Athletics

use running, jumping,

throwing and catching in isolation and in combination 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

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

games

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