

PE	Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance.								
	<ul style="list-style-type: none"> To move to a steady beat To listen with increased attention to sounds Remember some sequences and patterns of movement related to music and rhythm 	<ul style="list-style-type: none"> Moving in sequence Creating our own movements Creating simple movement sequences Responding in movement to words and music Exploring contrasting tempos Exploring character movements 	<ul style="list-style-type: none"> Exploring expression Developing our movements, adding movements together Responding to a rhythm Introducing partner work Creating an animal sequence motifs Exploring relationships within our motifs 	<ul style="list-style-type: none"> Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Extending our motifs Sequences, relationships and performance 	<ul style="list-style-type: none"> Responding to stimuli Developing character dance into a motif Develop sequences with a partner in character that show relationships Extending sequences with a partner in character 	<ul style="list-style-type: none"> Extending sequences with a partner in character Developing sequences with a partner in character that show relationships and interlinking dance moves Sequences, relationships, choreography and performance 	<ul style="list-style-type: none"> Develop character movements linked to prejudices Create movements that represent different characters and performers in a circus Extending our performance incorporating props and apparatus linked to the variety of performers 	<ul style="list-style-type: none"> Performing with technical control and rhythm in a group Creating rhythmic patterns using the body Experiencing dance from a different culture Chorographical elements including still imagery.
Gymnastics								
	<p>To develop balancing skills</p> <ul style="list-style-type: none"> Complete low level obstacle courses Walk up / down a ramp Stand still Stand on one leg 	<ul style="list-style-type: none"> Introduction to high, low, over and under Introduction to the apparatus Applying high and low on apparatus 	<ul style="list-style-type: none"> Introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curled 	<ul style="list-style-type: none"> Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences Completion of sequences 	<ul style="list-style-type: none"> Introduction to symmetry Introduction to asymmetry Application of learning onto apparatus Sequence formation Sequence completion 	<ul style="list-style-type: none"> Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation 	<ul style="list-style-type: none"> Introduction to Counter Balance Application of Counter Balance learning onto apparatus Sequence formation Counter Tension Sequence completion 	<ul style="list-style-type: none"> Introduction to matching /mirroring Application of matching mirroring learning onto apparatus Sequence development

<ul style="list-style-type: none"> • Begin to learn to hop 		<p>movements</p> <ul style="list-style-type: none"> • Linking two movements together • Introduction to big/ small body parts • Combining big and small with wide, narrow and curled • Transition between wide narrow and curled using big and small body parts • Adding (linking) movements together 	<p>and performance</p> <ul style="list-style-type: none"> • Explore/develop zigzag pathways /on apparatus • Explore/develop curved pathways/on apparatus • Creation of pathway sequences • Completion of pathways sequences and performance 		<ul style="list-style-type: none"> • Sequence completion 		
Locomotion/Athletics							
<p>Locomotion: Walking</p> <ul style="list-style-type: none"> • Explore/develop walking • Explore walking in different pathways • Sustain walking • Explore marching • Apply walking into a game 	<p>Locomotion: Jumping</p> <ul style="list-style-type: none"> • Explore/develop jumping • Apply jumping into a game • Jumping for distance • Explore jumping high • Explore hopping 	<p>Locomotion: Running</p> <ul style="list-style-type: none"> • Explore running • Apply running into a game • Explore running at different speeds • Running for speed: • Acceleration • Explore running in a team • Consolidate running, apply running into a game <p>Locomotion: Jumping</p> <ul style="list-style-type: none"> • Recap jumping • Develop jumping • Explore how jumping affects our bodies • Explore skipping 	<p>Locomotion Dodging</p> <ul style="list-style-type: none"> • Explore dodging • Develop dodging • Apply dodging: • Explore attacking and defending • Apply dodging in teams <p>Locomotion: Jumping</p> <ul style="list-style-type: none"> • Consolidate jumping • Apply jumping into a game • Linking jumping • Explore jumping combinations 	<ul style="list-style-type: none"> • Explore running for speed • Explore acceleration • Introduce /develop relay: • Running for speed in a team • Throwing: Accuracy vs distance • Standing Long Jump 	<ul style="list-style-type: none"> • Develop running at speed • Exploring our stride pattern • Exploring running at pace • Understand and apply tactics when running for distance • Javelin • Standing Triple Jump 	<ul style="list-style-type: none"> • Finishing a race • Evaluating our performance • Sprinting: My personal best • Relay changeovers • Shot Put • Introducing the Hurdles 	<ul style="list-style-type: none"> • Running for speed • competition • Running for distance • competition • Throwing competition • Jumping competition

- Apply skipping and jumping into a game

- Develop jumping
- combinations

Ball Skills Feet / Football

- Explore moving with a ball using our feet
- Develop moving with a ball using our feet
- Understand dribbling
- Develop dribbling against an opponent

- Develop moving the ball using the feet
- Apply dribbling into games
- Consolidate dribbling
- Explore kicking (passing)
- Apply kicking (passing) to score a point

- Develop dribbling/ passing/receiving, keeping possession
- Combine dribbling, passing and receiving, keeping possession/to score a point
- Apply dribbling, passing and receiving as a team to score a point

- Introduce/develop dribbling keeping control
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling.

- Refine dribbling
- Turning
- Refine passing and receiving
- Develop passing and dribbling, creating space
- Introduce shooting.

- Refine dribbling and passing to maintain possession
- Introduce and develop defending
- Develop shooting
- Refine attacking skills, passing, dribbling and shooting, introduce officiating

- Consolidate keeping possession, develop officiating
- Consolidate defending
- Organise formations and manage teams
- Organise formations, decide tactics, manage teams and officiate games

Ball Skills Hands 1 /Netball /Basketball

- Introduce sending

- Develop dribbling/

Basketball

	<ul style="list-style-type: none"> • Explore pushing • Explore rolling • Explore bouncing • Explore bouncing into space • Combine pushing and rolling • Combine rolling, • pushing and bouncing 	<ul style="list-style-type: none"> • (bouncing) with control • Introduce aiming with • accuracy • Introduce power and speed when sending a ball • Introduce/develop stopping, combining sending skills • Combine sending • and receiving skills 	<ul style="list-style-type: none"> • passing and receiving • Combine dribbling, passing and receiving, keeping possession • Develop dribbling/ passing and receiving to score a point • Combine dribbling, passing and receiving to score a point 	<ul style="list-style-type: none"> • Introduce dribbling; • Introduce passing and receiving • Combine dribbling and • passing to create space • Develop passing, receiving • and dribbling • Introduce shooting 	<ul style="list-style-type: none"> • Refine dribbling; • Refine passing and receiving • Refine passing and dribbling creating space • Refine passing and dribbling creating shooting opportunities • Introduce marking 	<ul style="list-style-type: none"> • Refine passing and receiving • Apply passing, footwork and shooting into mini games, introduce officiating • Introduce defending • Explore the function of other passing styles 	<ul style="list-style-type: none"> • Consolidate keeping possession and officiating • Consolidate defending • Create, understand and apply attacking tactics in game situations • Create, understand and apply defending tactics in game situations
Netball							
				<ul style="list-style-type: none"> • Introduce passing, receiving and creating space • Develop/combine passing • and moving • Combine/develop passing • and shooting 	<ul style="list-style-type: none"> • Refine passing and receiving • Develop passing and • dribbling creating space • Develop passing, moving • and shooting • Refine passing and shooting • Develop footwork 	<ul style="list-style-type: none"> • Recap and refine dribbling • and passing to create attacking opportunities • Develop marking • Refine shooting • Refine attacking skills, • passing, dribbling • and shooting 	<ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations
Ball Skills Hands 2 /Rounders/Cricket							
		<ul style="list-style-type: none"> • Introduce throwing 	<ul style="list-style-type: none"> • Consolidate pupils 	Rounders			

	<ul style="list-style-type: none"> • Explore throwing overarm • Explore throwing underarm • Explore rolling • Explore stopping a ball • Explore catching 	<ul style="list-style-type: none"> • Apply throwing with accuracy in a team • Introduce stopping a ball • Develop sending (rolling) skills to score a point • Consolidate sending and stopping to win a game 	<ul style="list-style-type: none"> • with accuracy • application and understanding of underarm throwing • Applying the underarm and overarm throw to win a game • Applying the underarm throw to beat an opponent 	<ul style="list-style-type: none"> • Introduce to rounders • Introduce overarm throwing • Apply overarm and underarm throwing • Introduce stopping the ball • Application of stopping the ball in a game 	<ul style="list-style-type: none"> • Develop fielding bowling with a backstop • Introduce batting; how • Develop batting; where and why • Introduce and apply basic fielding tactics 	<ul style="list-style-type: none"> • Develop fielding tactics maximising players • Understand what happens if the batter misses the ball • Refine fielding tactics, what players where? • Applying tactics in mini games 	<ul style="list-style-type: none"> • Introduction to full rounders • Consolidate fielding tactics • Refine our understanding of what happens if the batter misses or hits the ball backwards • Batting considerations
Cricket							
				<ul style="list-style-type: none"> • Understand the concept of batting and fielding • Introduce throwing overarm • Introduce throwing underarm • Introduce catching • Striking with intent 	<ul style="list-style-type: none"> • Develop an understanding of batting and fielding • Introduce bowling underarm • Develop stopping and returning the ball • Develop retrieving and returning the ball • Striking the ball at different angles and speeds 	<ul style="list-style-type: none"> • Refine batting, batting and bowling tactics • Refine fielding stopping, catching and throwing • Combine bowling and fielding creating and applying tactics • Introduce umpiring and scoring 	<ul style="list-style-type: none"> • Consolidate batting, fielding and bowling • Create, understand and apply attacking and defensive tactics in game
Tennis							
				<ul style="list-style-type: none"> • Introduction tennis; outwitting an opponent • Creating space to win a point • Consolidate how to win a game introduce rackets • Introduce the forehand 	<ul style="list-style-type: none"> • Developing the forehand • Creating space to win a point using a racket • Introduce the backhand • Applying the forehand and backhand in game 	<ul style="list-style-type: none"> • Introduce/develop the volley • Controlling the game from the serve • Doubles, understanding and applying tactics to win a point 	<ul style="list-style-type: none"> • Game application • Game application, mixed ability doubles, round robin games

						situations creating space to win a point			
Games for Understanding									
		<ul style="list-style-type: none"> Understanding the principles of attack/defence Applying attacking/Defending principles into a game Consolidate attacking/defending 	<ul style="list-style-type: none"> Attacking/defending as a team Understanding the transition between defence and attack Create and apply attacking/defensive tactics 	Hockey					
				<ul style="list-style-type: none"> Introduce dribbling Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling Introduce shooting 	<ul style="list-style-type: none"> Refine dribbling and passing Combine passing and dribbling to create shooting opportunities Develop passing and dribbling creating space for attacking opportunities Introduce defending; blocking and tackling 	<ul style="list-style-type: none"> Develop defending; blocking and tackling Refine dribbling/passing to create attacking opportunities Refine attacking skills, passing dribbling and shooting Refine defending skills developing transition from defence to attack 	<ul style="list-style-type: none"> Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations 		
Teamwork OAA									
<ul style="list-style-type: none"> Collaborate with others to manage large items Moving large equipment with peers 	<ul style="list-style-type: none"> Work and play cooperatively and take turns with others Form positive attachments to adults and friendships with peers Show sensitivity to their own and to others' needs. Continue to see self as a valuable individual 	<ul style="list-style-type: none"> Introducing teamwork Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving; Consolidate teamwork 	<ul style="list-style-type: none"> Introducing teamwork Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving; Consolidate teamwork 	Tactics and Communication <ul style="list-style-type: none"> Creating and applying simple tactics Developing leadership Develop communication as a team Create defending and attacking tactics as a team 	Problem Solving <ul style="list-style-type: none"> Benches and mats challenge Round the clock card challenge The pen challenge The river rope challenge Caving challenges 	Orienteering <ul style="list-style-type: none"> Face orienteering Cone orienteering Point and return Point to point Timed course Orienteering competition 	Leadership <ul style="list-style-type: none"> Understanding what makes an effective leader Communicating as a leader Introducing the STEP principle: Space, Task, Equipment and People 		

Health and Wellbeing

<ul style="list-style-type: none"> • Make healthy choices about food, drink, activity and toothbrushing 	<ul style="list-style-type: none"> • Know and talk about the different factors that support their overall health and wellbeing: • Sensible amounts of 'screen time' • Having a good sleep routine • being a safe pedestrian 	<ul style="list-style-type: none"> • Introduce and explore agility • Introduce and explore balance • Introduce and explore coordination: • Bouncing, rolling and throwing 	<ul style="list-style-type: none"> • Consolidate agility • Consolidate balancing: • Explore balancing on apparatus • Introduce and explore coordination: Dribbling and kicking 	<p>Dodgeball</p> <ul style="list-style-type: none"> • Developing changing direction • Introduce throwing with accuracy • Introduce catching • Develop moving, changing direction at speed 	<p>Dodgeball</p> <ul style="list-style-type: none"> • Introduce jumping and ducking • Develop throwing with accuracy and power over an increased distance • Develop catching • Consolidate dodging, jumping and ducking 	<p>Health Related Exercise</p> <ul style="list-style-type: none"> • Explore and understand cardio fitness • Explore and understand flexibility fitness • Explore and understand strength fitness 	<p>Health Related Exercise</p> <ul style="list-style-type: none"> • Develop a secure understanding of cardio fitness • Develop a secure understanding of flexibility fitness • Develop a secure understanding of strength fitness
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