

Subject: Physical Education (PE)

Year Group		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS		Outdoor physical development focus <i>To control and coordinate movement</i>	Outdoor physical development focus <i>To move confidently in a range of ways</i>	Outdoor physical development focus <i>To handle equipment including pencils</i>	Outdoor physical development focus <i>To explain importance of diet, exercise and health</i>	Outdoor physical development focus <i>To manage basic personal hygiene needs</i>	Athletics <i>To compete in competitive sporting events</i>
1	Sports	Gymnastics <i>To tense, relax, curl and stretch</i>	Storytime Dance <i>To move to music and perform dance</i>	Multi-skills <i>To copy, repeat and explore actions</i>	Ball Skills <i>To throw, roll, hit and catch a ball</i>	Field Games <i>To retrieve bean bags and a range of balls</i>	Athletics <i>To participate in a range of track races</i>
2	Sports	Gymnastics <i>To show contrast through planning</i>	Ball Dance <i>To change rhythm, speed and direction</i>	Multi-skills <i>To identify and discuss different abilities</i>	Ball Skills <i>To stay in the right place during games</i>	Field Games <i>To follow simple rules in a range of games</i>	Athletics <i>To participate competitively</i>
3	Sports	Gymnastics <i>To adapt and innovate own sequences</i>	African Dance <i>To adapt and innovate own ideas</i>	Multi-skills <i>To follow simple clues and a simple map</i>	Ball Skills <i>To throw, catch and move appropriately To apply tactics in rounders</i>	Field Games <i>To play rounders and cricket</i>	Athletics <i>To run, throw and participate in relay</i>
4	Sports	Gymnastics Sequences <i>To form shapes and perform in pairs To extend sequences</i>	Dynamic Dance <i>To move with accuracy and clarity</i>	Invaders Swimming	Striking and Fielding Swimming	Nimble Nets <i>To control a racket (tennis/badminton)</i>	Young Olympians <i>To throw and jump in different ways</i>
5	Sports	Gymnastics Sequences Swimming	Dynamic dance Swimming	Invaders <i>To evade and pass in dodgeball</i>	Striking and Fielding <i>To practise hockey/ football</i>	Nimble Nets <i>To control direction of play (Tennis)</i>	Young Olympians <i>To combine running and jumping</i>
6	Sports	Gymnastics Sequences <i>To combine movements and routines as a group in synchronisation</i>	Dynamic Dance <i>To develop innovative movements using own choice of music and style</i>	Invaders <i>To communicate and evaluate tactics in team games (netball and dodgeball)</i>	Striking and Fielding <i>To explain rules for cricket, rounders and play effectively as part of a team</i>	Nimble Nets <i>To apply skills in different ways and demonstrate stamina</i> Swimming	Young Olympians <i>To practise a range of competitive track and field events</i> Swimming