

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Introduction to PE	Gymnastics Balance agility and coordination	Gymnastics Balance, agility and coordination	Gymnastics Flexibility, strength and technique	Gymnastics Flexibility, strength and technique.	Gymnastics Flexibility, strength and technique.	Gymnastics Flexibility, strength and technique. Swimming
Autumn 2	Fundamentals Gross motor	Dance	Dance	Dance	Dance	Dance Swimming	Dance
Spring 1	Gymnastics Shapes, balances and jumps	Net and wall games Mastering basic movements	Net and wall games Mastering basic movements	Net and wall games Ball skills	Invasion games Basketball	Net and wall games Badminton	Net and wall games (Volley ball)
Spring 2	Dance Expressive movement- travelling	Invasion games Controlling a ball	Invasion games Defending and attacking	Invasion games Handball	OOA Orienteering	Invasion games Netball	OOA Critical thinking
Summer 1	Ball skills Rolling and throwing	Athletics Developing basic athletic movements	Athletics Developing jumping and landing.	Athletics Running, jumping and throwing techniques	Athletics Running, jumping and throwing techniques Swimming	Athletics Running, jumping and throwing techniques	Athletics Running, jumping and throwing techniques
Summer 2	Games Working in a team	Striking and fielding games Underarm and over arm throw.	Striking and fielding games Defending and striking	Striking and Fielding Games Rounders Swimming	Net and Wall Tennis	Striking and Fielding Games Rounders	Invasion games Football

