	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year	Indoor	Indoor – Real	Indoor-	Indoor-Real	Indoor-Real P.E-	Indoor-
1	gymnastics-	P.E Physical	Dance-	P.E Creative –	Gymnastics	Gymnastics-
	Jumping	Cog – Perform	Moving	Explore and	stories-	Rocking and
	Jacks-	single skills	Words-	describe	Development of	Rolling-
	Development	with some	Develop skills	different	fundamental	Develop skills
	of	consistency	of travelling,	movement	movements	and
	fundamental	and control	turning,	patterns using	using stories to	techniques of
	movement	and start to	stillness.	some control	create scenarios.	rolling and
	skills using	link	Changing	and		link
	agility,	movements	shape, size	consistency.		movements
	balance and	together.	direction,			together.
	CO-		level, speed			
	ordination		and actions,			
	and master		using words			
	basic		as stimuli.			
	jumping					
	actions.					
	Outdoor –	Outdoor-	Outdoor-	Outdoor-	Swimming To	Outdoor-
	Games Val	Games Val	Games Val	OAA-	gain knowledge,	Games Val
	Sabin Unit 1-	Sabin Unit 2-	Sabin Unit 3-	Orienteering-	confidence and	Sabin Unit 4-
	Focus on Ball	Throwing and	Bat/Ball	Develop basic	ability in water	Developing
	Skills- The	catching-	Skills-	knowledge of	based situations	partner
	development	Exploring	Focusing on	map reading,	and learn basic	work- Using
	of Co-	different ways	the hand-eye	problem	techniques of	co-ordination
	ordination	of throwing	co-ordination	solving and	swimming.	and control

	and control, focusing on the development of ball Skills.	and catching using different pieces of equipment.	involved in using a bat and ball.	orienteering skills.		to develop skills through partnerwork.
Year	Indoor – Real	Indoor	Indoor-Real	Indoor –	Indoor-Real P.E-	Indoor-
2	P.E Physical –	gymnastics-	P.E Creative –	Dance-	Gymnastics	Gymnastics-
	Develop skills	Points of	Select, link	Machines-	stories	Stretching
	for changing	contact-	and perform	Repeat,	Development of	and curling-
	speed and	Develop	different	remember	fundamental	Use
	direction	fundamental	movements	and perform	movements	techniques of
	with control	movement	whilst	phrases in	using stories to	stretching
	and explore	skills. Extend	comparing	dance,	create scenarios.	and curling
	change of	agility, balance	them with	translating		to link
	level with	and co-	others.	ideas from a		movements
	some control	ordination.		stimulus into		together
	and	Engage in co-		movement.		with control
	consistency.	operative		Evaluate and		and
		physical		improve		consistency.
		activities.		performance.		
	Outdoor –	Outdoor-	Outdoor-	Swimming To	Outdoor- Games	Outdoor-
	Games Val	Games Val	OAA-	gain	Val Sabin Unit 3-	Games Val
	Sabin Unit 1-	Sabin Unit 2-	Orienteering-	knowledge,	Dribbling, kicking	Sabin Unit 4-

	Throwing and catching-Inventing games-Improving basic skills to play simple games that demand decisions to keep control of a ball.	Partner Games- Aiming, hitting & kicking- Using control and consistency to develop games with a partner aiming, hitting and kicking.	Develop basic knowledge of map reading, problem solving and orienteering skills and be able to evaluate performance.	confidence and ability in water based situations and learn basic techniques of swimming.	& hitting- skill development in dribbling with hands and feet, throwing, hitting and kicking a ball.	Group Games and inventing rules- Develop and improve basic individual skills and learn to work Co- operatively and competitively with a
Year 3	Indoor- Gymnastics- Pathways and patterns- Develop a broad range of skills by linking actions to make	Indoor-Real P.E Physical Cog – Perform and repeat longer sequences with clear shape and controlled movement linking skills together.	Indoor- Dance- Solar System- Improve skills of travelling, jumping, turning, stillness. Changing direction-	Indoor – Real P.E – Health and Fitness- Using methods to understand the importance of health & fitness and	Indoor-Real P.E Creative - Respond differently to a variety of tasks or music and I can recognise similarities and differences in movements and	partner. Indoor- Gymnastics- Stretching and Curling- consolidate and improve the quality of actions, body shapes balances,

sequences of movement. Develop flexibility, strength, technique, control and balance.		size-level- direction. Increase the range of body actions. Compose practice and perform	understand how my body feels during exercise.	expression and compare those with others	and ability to link movements.
Swimming- To gain knowledge, confidence and ability in water based situations and learn basic techniques of swimming.	Outdoor – Games Val Sabin Unit 1- Ball Skills - Passing and receiving- Co- operative and competitive games to further develop passing and receiving techniques.	actions with control. Outdoor – Games Val Sabin Unit 2- Net Wall-Co- operative and competitive games to develop bat and ball skills.	Outdoor- OAA- Orienteering- Develop basic knowledge of map reading, problem solving and orienteering skills and collaborate with others to select and use simple strategies to meet a range	Outdoor- Games Val Sabin Unit 3- Striking Fielding games- Situations and practices to develop striking, fielding, throwing and catching skills.	Outdoor- Games Val Sabin Unit 4 – Athletics- To run, jump and jump confidently and consistently and link activities.

				of activities.		
Year 4	Indoor- Real P.E- Physical- Perform a variety of movements and skills with good body tension and link actions together so that they flow in running, jumping and throwing.	Indoor- Gymnastics- Counter Balances – Develop techniques of balance whilst linking balances together within a small group to create sequences.	Real P.E-Creative-Link actions together to make sequences to express my own ideas and create routines in order to create a performance.	Indoor-Dance-Solar System-Improve skills of travelling, jumping, turning, stillness. Changing direction-size-level-direction. Increase the range of body actions. Compose practice and perform actions with control.	Indoor-Real P.E-Health & Fitness- Describe the basic fitness components and explain how often and how long needed to exercise to be healthy. Using methods to record and monitor how hard I am working. Putting together my own routine to show this.	Indoor- Gymnastics- Develop the range of actions, body shapes balances included in a performance. Perform skills and actions more accurately and consistently
	Outdoor –	Swimming- To	Outdoor- OAA-	Outdoor –	Outdoor- Games	Outdoor-
	Games Val Sabin Unit 1-	use a range of strokes to	Orienteering-	Games Val Sabin Unit 2-	Val Sabin Unit 3- Striking fielding	Games Val Sabin Unit 4
	Net Wall	swim	Develop	Invasion	games- Develop	Athletics- To

	Games-	competently,	previous	Games-	striking skills and	run, jump
	Simple	confidently	knowledge of	Developing	techniques using	and throw
	competitive	and	map reading,	skills of spatial	mini games to	confidently
	games to	proficiently	problem	awareness	allow experience	and
	develop and	over a distance	solving and	and decision	in	consistently
	understand	of at least 25	orienteering	making along	striking/fielding	and link
	net/wall	metres.	skills and	with team	situations.	activities and
	principles.		have the	work and		to
			ability to	communicatio		understand
			evaluate	n.		basic health
			decisions and			and fitness
			improve			principles.
			effectiveness			
			of			
			performance.			
	Indoor-	Indoor- Real	Dance- On	Indoor-Real	Indoor-Real P.E-	Indoor-
	Gymnastics –	P.E- Physical	the beach-	P.E Creative	Health & Fitness	Gymnastics-
	Pair	Learn, perform	Develop	Using skills	Learn and	Create
Year	composition-	and explain	skills of	imaginatively	explain how	gymnastic
5	Develop a	combinations	unison,	to different	individuals need	sequences
	broad range	of skills	mirroring,	situations,	different types	that meet a
	of skills by	confidently in	contact,	adapting and	and levels of	theme or set
	linking	sport specific	level, speed,	adjusting their	fitness to be	of
	sequences of	contexts and	direction,	skills,	more effective in	conditions.
	movement.	perform a	control,	movements or	their activity/	Use
	Develop	range of skills	jumping,	tactics so they	role/event.	compositiona

flexibility,	fluently and	turning	are different	Planning and	I devices
strength,	accurately in	gesture,	from or in	following a basic	when
technique,	practice	action-	contrast to	fitness	creating
control and	situations	reaction and	others.	programme.	sequences,
balance.		repetition.			such as
Understand					changes -in
how to					speed
improve and					- level
evaluate own					- direction
success.					
Outdoor –	Outdoor –	Swimming To	Outdoor-	Outdoor- Games	Outdoor-
Games Val	Games Val	use a range	OAA-	Val Sabin Unit 3-	Games Val
Sabin Unit 1-	Sabin Unit 2-	of strokes to	Orienteering-	Invasion games	Sabin Unit 4
Net Wall	(ball handling	swim	Develop basic	(implement and	–Athletics-
Games – Co-	games)Invasion	competently,	knowledge of	kicking)- Mini	To run, jump
operative	and target-	confidently	map reading,	games using	and throw
and	Games to	and	problem	invasion tactics,	confidently
competitive	develop spatial	proficiently	solving and	developing skills	and
game	awareness,	over a	orienteering	and team co-	consistently
situations to	team co-	distance of at	skills.	operation.	and link
develop	operation and	least 25	Communicate		activities and
attacking and	put skills under	metres.	and		together.
defending	pressure.		collaborate		Understand
court skills.			with others to		basic health
			select and use		and fitness
			appropriate		principles.

				strategies and		
				equipment.		
Year	Indoor- Real	Indoor-	Indoor-Real	Dance –	Indoor-Real P.E-	Indoor-
6	P.E- Physical-	Gymnastics –	P.E -Creative	Football	Health & Fitness	Gymnastics-
	Learn,	Paired	Using skills	Dance-	Learn and	Body
	perform and	balances-	imaginatively	Develop skills	explain how	Symmetry-
	explain	Develop a	to different	of unison,	individuals need	Develop a
	combination	broad range of	situations,	mirroring,	different types	broad range
	s of skills	skills by linking	adapting and	contact, level,	and levels of	of skills by
	confidently	actions to	adjusting	control,	fitness to be	linking
	in sport	make	their skills,	jumping,	more effective in	actions to
	specific	sequences of	movements	turning	their activity/	make
	contexts and	movement.	or tactics so	gesture,	role/event.	sequences of
	perform a	Develop	they are	action &	Planning and	movement.
	range of	flexibility,	different	reaction and	following a basic	Develop
	skills fluently	strength,	from or in	repetition.	fitness	flexibility,
	and	technique,	contrast to		programme	strength,
	accurately in	control and	others. Using		whilst choosing	technique,
	practice	balance.	creativity to		appropriate cool	control and
	situations.	Understand	perform to an		down and warm	balance.
		how to	audience.		up activities.	Understand
		improve and				how to
		evaluate own				improve and
		success. Use				evaluate own
		balance to				success.
		perform				

	sequences together.				
Outdoor –	Outdoor –	Outdoor-	Swimming- To	Outdoor- Games	Outdoor-
Games Val	Games Val	OAA-	use a range of	Val Sabin Unit 3-	Games Val
Sabin Unit 1-	Sabin Unit 2-	Orienteering-	strokes to	Striking and	Sabin Unit 4
Invasion	Net Wall	Develop basic	swim	fielding games-	Athletics- To
games	Games-	knowledge of	competently,	Using skills in	develop all
(implement	Volleyball and	map reading,	confidently	mini game	skills in
and kicking)	Tennis- Using	problem	and	situations to	individual
Hockey and	skills in mini	solving and	proficiently	develop striking	Athletics
football-	game situation	orienteering	over a	and fielding	events and
using skills in	for net/wall	skills.	distance of at	techniques.	work
mini game	games,	Communicate	least 25		competitively
situations for		and	metres.		and co-
invasion		collaborate			operatively
games.		with others			in athletic
		to select and			based
		use			situations.
		appropriate			
		strategies			
		and			
		equipment.			