



PE



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Ring games Parachute games	Balancing – apparatus	Ball skills	Throwing/catching	Bikes/scooters Gross motor skills	Sports day races
Reception	Skills Coordination – footwork static balance – one leg	Skills Dynamic balance to agility – jumping and landing static balance- seated	Skills Dynamic balance – On a Line Static Balance – Stance	Skills Coordination – Ball Skills Counter Balance – With a Partner	Skills Agility – Ball Chasing Static Balance – Floor Work	Skills Coordination – Sending and Receiving Agility – Reaction / response
	Gymnastics – Jumping Jacks	Dance – Dance til you drop	Dance – Dance Dinosaurs	Games - Best of Balls	Gymnastics - Gym in the Jungle	Games – The Olympics
Year 1	Skills Coordination footwork Static balance one leg	Skills Dynamic balance to standing Static balance seated	Skills Dynamic balance on a line Static balance stance	Skills Coordination ball skills Counter balance with a partner	Skills Coordination sending and receiving Agility reaction response	Skills Agility ball chasing Static balance floor work
	Yoga - salute to the sun Gymnastics-animals	Gymnastics-traditional tales Dance-The seasons	Multi skills Throwing and catching Dance-starry skies	Multi skills bat and ball Multi skills running and jumping	Attacking and defending Invasion games	Multi skills-sports day Circuit training
Year 2	Skills Footwork One leg balance	Skills Jumping and landing Seated balance	Skills Balance on a line Static balance (bench)	Skills Ball skills Counter balance partner	Skills Sending and receiving Reaction and response	Skills Ball chasing Floorwork
	Gymnastics – Landscapes and cities	Dance – Gunpowder Plot	Animal Olympics	Multi skills – Throwing and catching	Multi skills – bat and ball	Athletics (Sports Day)

Year 3	<u>Skills</u> Coordination – Footwork Static Balance – One Leg	<u>Skills</u> Dynamic Balance to Agility – Jumping and Landing Static Balance – Seated	<u>Skills</u> Dynamic Balance – On a Line Coordination – Ball Skills	<u>Skills</u> Coordination – Sending and Receiving Counter Balance – With a Partner	<u>Skills</u> Agility – Reaction / Response Static Balance – Floor Work	<u>Skills</u> Agility – Ball Chasing Static Balance – Stance
	Invasion Games: Fundamentals	Gymnastics: Movement	Dance: Extreme Earth	Invasion Games: Football	Striking and Fielding Games: Fundamentals	Athletics (Sports Day)
Year 4	<u>Skills</u> Coordination Static Balance	<u>Skills</u> Dynamic Balance Jumping and Landing	<u>Skills</u> Dynamic Balance Ball Skills	<u>Skills</u> Coordination Counter Balance	<u>Skills</u> Agility Static Balance	<u>Skills</u> Agility Static Balance
	Invasion Games	Gymnastics	Tag Rugby	Dance	Cricket	Athletics
Year 5	<u>Skills</u> Personal – coordination (ball skills) and agility (reaction/response)	<u>Skills</u> Social – dynamic balance (on a line) and counter balance	<u>Skills</u> Cognitive – static balance and coordination (footwork)	<u>Skills</u> Creative – static balance (floor work)	<u>Skills</u> Physical – dynamic balance (jumping and landing) and static balance	<u>Skills</u> Health and Fitness – coordination (sending and receiving) and agility (ball chasing)
	Basketball	Gymnastics	Invasion Games	Circuit Training	Athletics	Rounders
Year 6	<u>Skills</u> Personal – coordination (ball skills) and agility (reaction/response)	<u>Skills</u> Social – dynamic balance (on a line) and counter balance	<u>Skills</u> Cognitive – static balance and coordination (footwork)	<u>Skills</u> Creative – static balance (floor work)	<u>Skills</u> Physical – dynamic balance (jumping and landing) and static balance	<u>Skills</u> Health and Fitness – coordination (sending and receiving) and agility (ball chasing)
	Invasion: Netball	Gymnastics	Circuit Training	Dance: Through the Decades	Striking and fielding games	Athletics