

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
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| Nursery | <u>Introduction to PE unit 1</u> <ul style="list-style-type: none"> Physical: moving safely, running, jumping, throwing, catching, following a path Social: sharing, leadership Emotional: perseverance, confidence Thinking: decision making, selecting and applying actions | <u>Fundamentals unit 1</u> <ul style="list-style-type: none"> Physical: moving safely, running, jumping, throwing, catching, rolling Social: sharing and taking turns, encouraging and supporting others, responsibility Emotional: honesty and fair play, confidence, perseverance Thinking: decision making, understanding and using rules | <u>Gymnastics unit 1</u> <ul style="list-style-type: none"> Physical: shapes, balances, jumps, rocking, rolling, travelling Social: taking turns, co-operation, communication Emotional: confidence, determination Thinking: selecting and applying skills, creating sequences | <u>Dance unit 1</u> <ul style="list-style-type: none"> Physical: travelling, copying and performing actions, co-ordination Social: respect, co-operating with others Emotional: working independently, confidence Thinking: counting, observing and providing feedback, selecting and applying actions | <u>Games unit 1</u> <ul style="list-style-type: none"> Physical: running, balancing, changing direction, striking a ball, throwing Social: communication, co-operation, taking turns, supporting and encouraging others Emotional: honesty and fair play, managing emotions Thinking: using tactics, decision making | <u>Ball skills unit 1</u> <ul style="list-style-type: none"> Physical: rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball Social: co-operation, supporting others Emotional: honesty, perseverance Thinking: using tactics, decision making |
| Reception | <u>Introduction to PE unit 2</u> <ul style="list-style-type: none"> Physical: moving safely, running, jumping, throwing, catching, rolling Social: sharing and taking turns, encouraging and supporting others, responsibility Emotional: honesty and fair play, | <u>Fundamentals unit 2</u> <ul style="list-style-type: none"> Physical: hopping, galloping, skipping, sliding, jumping, changing direction, balancing, running Social: working safely, responsibility, working with others Emotional: managing emotions, challenging myself Thinking: selecting and applying actions | <u>Gymnastics unit 2</u> <ul style="list-style-type: none"> Physical: shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling Social: leadership, taking turns, helping others Emotional: determination | <u>Dance unit 2</u> <ul style="list-style-type: none"> Physical: travelling, copying and performing actions, balance, co-ordination Social: respect, co-operating with others Emotional: working independently, confidence Thinking: counting, observing and providing feedback, selecting and applying actions | <u>Games unit 2</u> <ul style="list-style-type: none"> Physical: running, changing direction, striking a ball Social: communication, co-operation, taking turns, respect, supporting and encouraging others Emotional: honesty, managing emotions, perseverance Thinking: using tactics | <u>Ball skills unit 2</u> <ul style="list-style-type: none"> Physical: rolling a ball, tracking a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball Social: co-operation, sharing and taking turns Emotional: determination Thinking: using tactics, decision making |

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| | confidence, perseverance • Thinking: decision making, understanding and using rules | | • Thinking: selecting and applying skills, creating sequences | | | |
| Year 1 | Fundamentals | | Dance | | Athletics | Team building |
| | • Physical: balancing, sprinting, jogging, dodging, jumping, hopping, skipping • Social: taking turns, supporting and encouraging others, working safely, communication • Emotional: challenging myself, perseverance, honesty • Thinking: selecting and applying, identifying strengths, listening and following instructions | • Physical: balancing, sprinting, jogging, dodging, jumping, hopping, skipping • Social: taking turns, supporting and encouraging others, respect, communication • Emotional: challenging myself, perseverance, honesty • Thinking: selecting and applying, identifying strengths | • Physical: travel, copying and performing actions, using shape, balance, coordination • Social: co-operation, communication, coming to decisions with a partner, respect • Emotional: confidence, acceptance • Thinking: counting, observing and providing feedback, selecting and applying actions | | • Physical: running at varying speeds, agility, balance, jumping, hopping and leaping in combination and for distance, throwing for distance • Social: working safely, collaborating with others • Emotional: working independently, honesty and playing to the rules, determination • Thinking: exploring ideas | • Physical: balancing, travelling actions • Social: communication, sharing ideas, inclusion, encouraging and supporting others • Emotional: confidence, trust, honesty • Thinking: decision making, using tactics, providing instructions, planning, problem solving |
| | Target games | | Sending and receiving/ Invasion games | | Net and wall games | |
| | • Physical: underarm throwing, overarm throwing, aim, hand eye co-ordination • Social: communication, supporting and encouraging others, leadership | • Physical: throwing, rolling, striking • Social: communication, collaboration, kindness, support • Emotional: honesty, perseverance, | • Physical: rolling, kicking, throwing, catching, tracking • Social: taking turns, supporting and encouraging others, respect, communication | • Physical: throwing and catching, kicking, dribbling with hands and feet, dodging, finding space • Social: co-operation, communication, supporting and | • Physical: throwing, catching, hitting a ball, tracking a ball • Social: respect, communication • Emotional: honesty and fair play, determination | • Physical: throwing, catching, racket skills, ready position, hitting a ball • Social: support, co-operation, respect, communication |

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| | <ul style="list-style-type: none"> Emotional: perseverance, honesty, fair play Thinking: using tactics, selecting and applying skills, decision making | <ul style="list-style-type: none"> independence, manage emotions Thinking: select and apply, using tactics, decision making, provide feedback, problem solving | <ul style="list-style-type: none"> Emotional: challenging myself, perseverance, honesty, being happy to succeed Thinking: transferring skills | <ul style="list-style-type: none"> encouraging others, respect and kindness towards others Emotional: honesty and fair play, managing emotions Thinking: connecting information, decision making, recalling information | <ul style="list-style-type: none"> Thinking: decision making, using simple tactics, recalling information, comprehension | <ul style="list-style-type: none"> Emotional: perseverance, honesty Thinking: decision making, reflection, comprehension, selecting and applying |
| Year 2 | <u>Gymnastics</u> | | <u>Dance</u> | | <u>Athletics</u> | <u>Team building</u> |
| | <ul style="list-style-type: none"> Physical: travelling actions, shapes, balances, jumps, barrel roll, straight roll, forward roll progressions Social: sharing, working safely Emotional: confidence Thinking: observing and providing feedback, selecting and applying actions | <ul style="list-style-type: none"> Physical: shapes, balances, shape jumps, travelling movements, barrel roll, straight roll, forwards roll Social: sharing, working safely Emotional: confidence, independence Thinking: observing and providing feedback, selecting and applying actions | <ul style="list-style-type: none"> Physical: travel, copying and performing actions, using dynamics, pathway, expression and speed, balance, coordination Social: respect, consideration, sharing ideas, decision making with others Emotional: acceptance, confidence Thinking: selecting and applying actions, counting, observing and providing feedback, creating | | <ul style="list-style-type: none"> Physical: running at different speeds, jumping for distance, throwing for distance Social: working safely, collaborating with others Emotional: working independently, determination Thinking: observing and providing feedback, exploring ideas | <ul style="list-style-type: none"> Physical: travelling actions, jumping, balancing, Social: communication, listening, leading, inclusion Emotional: trust, honesty and fair play, acceptance Thinking: planning, decision making, problem solving |
| | <u>Sending and receiving / invasion games</u> | | | | <u>Striking and fielding</u> | |
| | <ul style="list-style-type: none"> Physical: rolling, kicking, throwing, catching, tracking | <ul style="list-style-type: none"> Physical: throwing and catching, kicking, dribbling with hands | <u>Fitness</u> | <u>Ball Games</u> | <ul style="list-style-type: none"> Physical: throwing, catching, retrieving a | <ul style="list-style-type: none"> Physical: throwing and catching, tracking a ball, bowling, batting |

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| | <ul style="list-style-type: none"> • Social: co-operation, communication, keeping others safe • Emotional: perseverance, transferring knowledge • Thinking: identifying how to improve, transferring skills | <ul style="list-style-type: none"> • and feet, dodging, finding space • Social: communication, respect, co-operation, kindness • Emotional: empathy, integrity, independence, determination, perseverance • Thinking: creativity, reflection, decision making, comprehension | <ul style="list-style-type: none"> • ordination, speed, stamina, skipping • Social: taking turns, encouraging and supporting others • Emotional: determination, perseverance, challenging myself • Thinking: identifying strengths and areas for improvement, observing and providing feedback | <ul style="list-style-type: none"> • throwing, catching, bouncing, dribbling • Social: co-operation, communication, leadership, supporting others • Emotional: honesty, perseverance, challenging myself • Thinking: using tactics, exploring actions | <ul style="list-style-type: none"> • ball, tracking a ball, striking a ball • Social: communication, supporting and encouraging others, consideration of others • Emotional: perseverance, honesty and fair play • Thinking: using tactics, selecting and applying skills, decision making | <ul style="list-style-type: none"> • Social: communication, collaboration • Emotional: honesty, acceptance, controlling emotions • Thinking: select and apply, using tactics, decision making |
| Year 3 | <u>Fundamentals</u> <ul style="list-style-type: none"> • Physical: balancing, running, hopping, jumping, dodging, skipping • Social: supporting and encouraging others, respect, communication, taking turns • Emotional: challenging myself, perseverance, honesty • Thinking: selecting and applying skills, observing others and providing feedback, identifying strengths | <u>Gymnastics</u> <ul style="list-style-type: none"> • Physical: individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics • Social: collaboration, communication, respect • Emotional: confidence • Thinking: observing and providing feedback, selecting and applying | <u>Dance</u> <ul style="list-style-type: none"> • Physical: using canon, unison, formation, dynamics, pathways, direction, copying and performing actions, control, balance • Social: sharing ideas, respect, inclusion of others, leadership, working safely • Emotional: confidence, acceptance • Thinking: selecting and applying actions, creating, observing and providing feedback | | <u>Athletics</u> <ul style="list-style-type: none"> • Physical: sprinting, jumping for distance, push and pull throwing for distance • Social: working collaboratively, working safely • Emotional: perseverance, determination • Thinking: observing and providing feedback | <u>Cricket</u> <ul style="list-style-type: none"> • Physical: underarm and overarm throwing, catching, over and underarm bowling, fielding and tracking a ball, batting • Social: collaboration and communication, respect • Emotional: perseverance, honesty • Thinking: observing and providing feedback, applying strategies |

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| | and areas for development | actions, evaluating and improving | | | |
| | <u>Ball skills</u> <ul style="list-style-type: none">Physical: tracking a ball, throwing, catching, dribblingSocial: supporting others, co-operation, communication, managing gamesEmotional: perseverance, honesty, respect, challenging selfThinking: decision making, developing tactics, creativity | <u>Dodgeball</u> <ul style="list-style-type: none">Physical: throwing, catching, dodging, blockingSocial: communication, collaboration, respectEmotional: honesty, perseveranceThinking: decision making, selecting and applying skills | <u>Invasion games</u> | | <u>Outdoor Adventures Activity</u> |
| | | | <u>Handball</u> <ul style="list-style-type: none">Physical: ball control, throwing and catching, moving with the ball, dribbling, shootingSocial: working safely, communication, respectEmotional: honesty and fair play, perseveranceThinking: planning strategies, observing and providing feedback | <u>Tag Rugby</u> <ul style="list-style-type: none">Physical: passing, catching, dodging, tagging, scoringSocial: communication, collaboration, inclusionEmotional: honesty and fair play, perseverance, confidenceThinking: planning strategies and using tactics, observing and providing feedback | <ul style="list-style-type: none">Physical: balance, runningSocial: communication, teamwork, trust, inclusion, listeningEmotional: confidenceThinking: planning, map reading, decision making, problem solving |
| Year 4 | <u>Fitness</u> <ul style="list-style-type: none">Physical: strength, speed, power, agility, coordination, balance, stamina | <u>Gymnastics</u> <ul style="list-style-type: none">Physical: individual and partner balances, jumps using rotation, straight roll, barrel roll, forward roll, | <u>Dance</u> <ul style="list-style-type: none">Physical: performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, balance, control, technique | | <u>Athletics</u> <ul style="list-style-type: none">Physical: pacing, sprinting technique, jumping for distance, throwing for distance |
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| | <ul style="list-style-type: none">• Social: supporting others, working safely• Emotional: perseverance, determination• Thinking: identifying areas of strength and areas for development | <p>straddle roll, bridge, shoulder stand</p> <ul style="list-style-type: none">• Social: responsibility, collaboration, communication, respect• Emotional: confidence• Thinking: observing and providing feedback, selecting and applying actions, evaluating and improving sequences | <ul style="list-style-type: none">• Social: collaboration, consideration, inclusion, respect• Emotional: empathy, confidence• Thinking: observing and providing feedback, selecting and applying skills | <ul style="list-style-type: none">• Social: working collaboratively, working safely• Emotional: perseverance, determination• Thinking: observing and providing feedback, exploring ideas | <p>retrieving a ball, batting</p> <ul style="list-style-type: none">• Social: collaboration and communication, respect, supporting and encouraging others• Emotional: honesty and fair play, confident to take risks, managing emotions• Thinking: observing and providing feedback, using tactics, decision making | |
| | <u>Invasion games</u> | | | | <u>Tennis</u> | |
| | <u>Basketball</u> <ul style="list-style-type: none">• Physical: throwing and catching, dribbling, intercepting, shooting• Social: working safely, communication, collaboration• Emotional: honesty and fair play, perseverance• Thinking: planning strategies and using tactics, observing and providing feedback | <u>Football</u> <ul style="list-style-type: none">• Physical: dribbling, passing, ball control, tracking/ jockeying, turning, receiving• Social: communication, collaboration, cooperation• Emotional: honesty, perseverance• Thinking: selecting and applying tactics, decision making | <u>Hockey</u> <ul style="list-style-type: none">• Physical: passing, dribbling, receiving, intercepting, tackling• Social: communication, collaboration, inclusive• Emotional: honesty and fair play, perseverance, empathy• Thinking: planning strategies and using tactics, observing and providing | <u>Netball</u> <ul style="list-style-type: none">• Physical: passing, catching, footwork, intercepting, shooting• Social: working safely, communication, collaboration• Emotional: honesty and fair play, perseverance• Thinking: planning strategies and using tactics, observing and providing feedback | <ul style="list-style-type: none">• Physical: forehand, backhand, throwing, catching, ready position• Social: collaboration, respect, supporting others• Emotional: honesty, perseverance• Thinking: decision making, understanding rules, using tactics | <ul style="list-style-type: none">• Physical: underarm throwing, catching, forehand, backhand, ready position• Social: collaboration, respect, supporting others• Emotional: honesty, perseverance• Thinking: decision making, understanding rules, selecting and applying skills and tactics |

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| | | | feedback, decision making | | | |
| Year 5 | <u>Fitness</u> <ul style="list-style-type: none">Physical: strength, speed, power, agility, coordination, balance, staminaSocial: supporting and encouraging others, working collaborativelyEmotional: perseverance, determinationThinking: analysing scores | <u>Swimming</u> <ul style="list-style-type: none">Physical: rotation, sculling, treading water, gliding, front crawl, backstroke, breaststroke, surface dives, floating, huddle and H.E.L.P. positionSocial: communication, supporting and encouraging othersEmotional: determinationThinking: creating, decision making, using tactics | <u>Dance</u> <ul style="list-style-type: none">Physical: performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitionsSocial: collaboration, consideration and awareness of others, inclusion, respect, leadershipEmotional: empathy, confidenceThinking: creating, observing and providing feedback, using feedback to improve, selecting and applying skills | | <u>Athletics</u> <ul style="list-style-type: none">Physical: pacing, sprinting technique, relay changeovers, jumping for distance, push and pull throwing for distanceSocial: collaborating with others, supporting othersEmotional: perseverance, determinationThinking: observing and providing feedback | <u>Cricket</u> <ul style="list-style-type: none">Physical: underarm and overarm throwing, catching, over and underarm bowling, long and short barrier, battingSocial: collaboration and communication, respectEmotional: honestyThinking: observing and providing feedback, selecting and applying strategies |
| | <u>Gymnastics</u> <ul style="list-style-type: none">Physical: symmetrical and asymmetrical balances, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder standSocial: responsibility, collaboration, communication, respectEmotional: confidenceThinking: observing and providing | <u>Invasion games</u> | | | <u>Outdoor Adventures Activity</u> | |
| | | <u>Handball</u> <ul style="list-style-type: none">Physical: throwing and catching, moving with the ball, dribbling, intercepting, shootingSocial: collaboration, communicationEmotional: honesty and fair play, perseveranceThinking: planning strategies and using | <u>Football</u> <ul style="list-style-type: none">Physical: dribbling, passing, ball control, tracking / jockeying, turning, goalkeeping, receivingSocial: communication, collaboration, cooperation, respect | <u>Tag rugby</u> <ul style="list-style-type: none">Physical: throwing, catching, running, dodging, scoringSocial: communication, collaborationEmotional: perseverance, confidence, honesty and fair playThinking: planning strategies and using tactics, observing and providing feedback, | <u>Outdoor Adventures Activity</u> <ul style="list-style-type: none">Physical: balance, dodging, runningSocial: communication, teamwork, trust, inclusion, listeningEmotional: confidence, resilience, determination, honesty, integrityThinking: planning, map reading, decision making, tactics, problem solving | <ul style="list-style-type: none">Physical: stamina, runningSocial: communication, teamwork, negotiation, empathy, inclusion, listeningEmotional: confidenceThinking: planning, map reading, decision making, problem solving |

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| | feedback, selecting and applying actions, evaluating and improving sequences | tactics, observing and provide feedback | <ul style="list-style-type: none"> Emotional: honesty, perseverance Thinking: selecting and applying tactics, decision making | selecting and applying skills | | |
| Year 6 | <u>Dodgeball</u> <ul style="list-style-type: none"> Physical: throwing, catching, dodging, blocking Social: collaboration, respect, leadership Emotional: honesty, determination, confidence Thinking: decision making, selecting and applying tactics | <u>Gymnastics</u> <ul style="list-style-type: none"> Physical: straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, headstand, vault Social: responsibility, collaboration, communication, respect Emotional: confidence Thinking: observing and providing feedback, selecting and applying actions, evaluating and improving sequences | <u>Dance</u> <ul style="list-style-type: none"> Physical: performing a variety of dance actions, using canon, unison, formation, dynamics, character, emotion, transitions, matching & mirroring Social: sharing ideas, consideration of others, inclusion, respect, leadership, supporting others Emotional: empathy, confidence Thinking: observing & providing feedback, using feedback to improve, selecting & applying skills | | <u>Athletics</u> <ul style="list-style-type: none"> Physical: pacing, sprinting, jumping for distance, push throwing for distance, fling throwing for distance Social: negotiating, collaborating with others Emotional: perseverance, determination Thinking: observing and providing feedback | <u>Rounders</u> <ul style="list-style-type: none"> Physical: throwing & catching, bowling, tracking, fielding & retrieving a ball, batting Social: organising & self-managing a game, respect, supporting & encouraging others, communicating ideas & reflecting with others Emotional: honesty & fair play, confident to take risks, managing emotion Thinking: decision making, using tactics, identifying how to improve, selecting skills |
| | <u>Invasion game</u> | | | <u>Net and wall game</u> | | <u>Outdoor Adventures Activity</u> |
| | <u>Netball</u> | <u>Basketball</u> | <u>Hockey</u> | <u>Volleyball Y5/6</u> | <u>Tennis</u> | <ul style="list-style-type: none"> Physical: stamina, running |

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| | <ul style="list-style-type: none"> Physical: passing, catching, footwork, intercepting, shooting, dodging Social: communication, collaboration Emotional: perseverance, honesty and fair play Thinking: planning strategies and using tactics, selecting and applying skills, decision making | <ul style="list-style-type: none"> Physical: throwing and catching, dribbling, intercepting, shooting Social: communication, collaboration Emotional: perseverance, honesty and fair play Thinking: planning strategies and using tactics, observing and providing feedback | <ul style="list-style-type: none"> Physical: dribbling, passing, receiving, tackling, creating and using space, shooting Social: communication, collaboration Emotional: perseverance, honesty and fair play Thinking: planning strategies and using tactics, observing and providing feedback, selecting and applying skills | <ul style="list-style-type: none"> Physical: volley, set, dig, serve, ready position Social: communication, respect, supporting and encouraging others Emotional: confidence, perseverance, honesty Thinking: using tactics, selecting and applying skills, identifying strengths and areas for development | <ul style="list-style-type: none"> Physical: forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve Social: collaboration, communication, respect Emotional: honesty, perseverance Thinking: decision making, selecting and applying tactics, evaluating and improving | <ul style="list-style-type: none"> Social: communication, teamwork, trust, inclusion, listening Emotional: confidence Thinking: planning, map reading, decision making, problem solving |
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