

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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

	<p>confidence, perseverance</p> <ul style="list-style-type: none"> Thinking: decision making, understanding and using rules 		<ul style="list-style-type: none"> Thinking: selecting and applying skills, creating sequences 			
Year 1	Fundamentals	Gymnastics	Dance		Athletics	Team building
	<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Physical: travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll Social: respect, collaboration, sharing, work safely Emotional: confidence, self regulation, perseverance Thinking: comprehension, select and apply action, creativity 	<ul style="list-style-type: none"> 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 		<ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> 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	
<ul style="list-style-type: none"> Physical: underarm throwing, overarm throwing, aim, hand eye co-ordination Social: communication, supporting and encouraging others, leadership 	<ul style="list-style-type: none"> Physical: throwing, rolling, striking Social: communication, collaboration, kindness, support Emotional: honesty, perseverance, 	<ul style="list-style-type: none"> Physical: rolling, kicking, throwing, catching, tracking Social: taking turns, supporting and encouraging others, respect, communication 	<ul style="list-style-type: none"> Physical: throwing and catching, kicking, dribbling with hands and feet, dodging, finding space Social: co-operation, communication, supporting and 	<ul style="list-style-type: none"> Physical: throwing, catching, hitting a ball, tracking a ball Social: respect, communication Emotional: honesty and fair play, determination 	<ul style="list-style-type: none"> Physical: throwing, catching, racket skills, ready position, hitting a ball Social: support, co-operation, respect, communication 	

	<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 	
		<ul style="list-style-type: none"> Physical: agility, balance, co- 	<ul style="list-style-type: none"> Physical: rolling, kicking, Physical: 				

	<ul style="list-style-type: none"> • Social: co-operation, communication, keeping others safe • Emotional: perseverance, transferring knowledge • Thinking: identifying how to improve, transferring skills 	<p>and feet, dodging, finding space</p> <ul style="list-style-type: none"> • Social: communication, respect, co-operation, kindness • Emotional: empathy, integrity, independence, determination, perseverance • Thinking: creativity, reflection, decision making, comprehension 	<p>ordination, speed, stamina, skipping</p> <ul style="list-style-type: none"> • Social: taking turns, encouraging and supporting others • Emotional: determination, perseverance, challenging myself • Thinking: identifying strengths and areas for improvement, observing and providing feedback 	<p>throwing, catching, bouncing, dribbling</p> <ul style="list-style-type: none"> • Social: co-operation, communication, leadership, supporting others • Emotional: honesty, perseverance, challenging myself • Thinking: using tactics, exploring actions 	<p>ball, tracking a ball, striking a ball</p> <ul style="list-style-type: none"> • 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	<p>Fundamentals</p> <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 	<p>Gymnastics</p> <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 	<p>Dance</p> <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 	<p>Athletics</p> <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 	<p>Cricket</p> <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 	

	and areas for development	actions, evaluating and improving				
	<u>Ball skills</u> <ul style="list-style-type: none"> Physical: tracking a ball, throwing, catching, dribbling Social: supporting others, co-operation, communication, managing games Emotional: perseverance, honesty, respect, challenging self Thinking: decision making, developing tactics, creativity 	<u>Dodgeball</u> <ul style="list-style-type: none"> Physical: throwing, catching, dodging, blocking Social: communication, collaboration, respect Emotional: honesty, perseverance Thinking: 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, shooting Social: working safely, communication, respect Emotional: honesty and fair play, perseverance Thinking: planning strategies, observing and providing feedback 	<u>Tag Rugby</u> <ul style="list-style-type: none"> Physical: passing, catching, dodging, tagging, scoring Social: communication, collaboration, inclusion Emotional: honesty and fair play, perseverance, confidence Thinking: planning strategies and using tactics, observing and providing feedback 	<ul style="list-style-type: none"> Physical: balance, running Social: communication, teamwork, trust, inclusion, listening Emotional: confidence Thinking: 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 	<u>Rounders</u> <ul style="list-style-type: none"> Physical: underarm and overarm throwing, catching, tracking a ball, fielding and

	<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, flexibility</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>	<u>Football</u>	<u>Hockey</u>	<u>Netball</u>	<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

			feedback, decision making			
Year 5	<u>Fitness</u> <ul style="list-style-type: none"> Physical: strength, speed, power, agility, coordination, balance, stamina Social: supporting and encouraging others, working collaboratively Emotional: perseverance, determination Thinking: 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. position Social: communication, supporting and encouraging others Emotional: determination Thinking: 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, transitions Social: collaboration, consideration and awareness of others, inclusion, respect, leadership Emotional: empathy, confidence Thinking: 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 distance Social: collaborating with others, supporting others 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, long and short barrier, batting Social: collaboration and communication, respect Emotional: honesty Thinking: 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 stand, flexibility Social: responsibility, collaboration, communication, respect Emotional: confidence 	<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, shooting Social: collaboration, communication Emotional: honesty and fair play, perseverance Thinking: planning strategies and using 	<u>Football</u> <ul style="list-style-type: none"> Physical: dribbling, passing, ball control, tracking / jockeying, turning, goalkeeping, receiving Social: communication, collaboration, cooperation, respect 	<u>Tag rugby</u> <ul style="list-style-type: none"> Physical: throwing, catching, running, dodging, scoring Social: communication, collaboration Emotional: perseverance, confidence, honesty and fair play Thinking: planning strategies and using tactics, observing and providing feedback, 	<u>Outdoor Adventures Activity</u> <ul style="list-style-type: none"> Physical: balance, dodging, running Social: communication, teamwork, trust, inclusion, listening Emotional: confidence, resilience, determination, honesty, integrity Thinking: planning, map reading, decision making, tactics, problem solving 	<ul style="list-style-type: none"> Physical: stamina, running Social: communication, teamwork, negotiation, empathy, inclusion, listening Emotional: confidence Thinking: planning, map reading, decision making, problem solving 	

	<ul style="list-style-type: none"> Thinking: observing and providing 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, flexibility 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 	

	<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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