



Subject PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Games Throwing and catching Creative games running and jumping Bat and ball skills	Gym – Rock & Rolling/Taking weight on hands Copy, repeat and explore simple skills & actions with basic control and coordination. Travel stop and make shapes.	Dance – Colours Perform dance phrases to short dances using rhythmic and dynamic qualities to express moods, ideas and feelings. Choose and link actions to make a short dance that expresses an idea, mood or feeling.		Net and Wall Sport: Tennis	Athletics Prepare for Sports day, running, relays, throwing and catching, musical throws, under/over)
Year 2	Games Ball games Creative games – running and jumping Invent and play games	Gym – Balancing parts – High & Low/ Turning spinning and twisting Perform basic actions Be aware of body shape Perform basic actions really slowly Link 2 actions together. Take off, landing and rolling. Start and finish positions.	Dance – The Toy Box As above Improvise and experiment with actions, dynamics, directions, levels and a growing range of possible movements.		Net and Wall Sport: Tennis	Athletics Prepare for Sports day, running, relays, throwing and catching, musical throws, under/over)
Year 3	Games Isolated running, jumping, throwing catching Sport: Hockey	Gymnastics Symmetry & Asymmetry Special ways of travelling Different ways to link pairs of actions Slow actions to change dynamics	Dance Perform body actions with control; choose movements with different qualities to make a dance phrase to expresses	Swimming	Swimming	Swimming



			<p>ideas, mood or feeling; link actions; remember and repeat dance phrases; perform short dances, showing an understanding of expressive qualities; describe the mood, feelings and expressive qualities of dance; describe how dancing affects their body; know why it is important to be active; suggest ways to improve their work</p>			
Year 4	Swimming	Swimming	Swimming	<p>Gymnastics Balance&Change of direction/Rolling Link actions fluently Different ways of performing actions Explore change of speed</p>	<p>Dance Explore a range of dances, using step and gesture patterns, body shapes, contact work, and contrasts in dynamic and rhythmic patterning. They learn more about both dance style and music.</p>	<p>Striking and Fielding Isolated running, jumping, throwing catching Sports Hockey & Tennis</p>



Year 5	<p>Games Isolated running, jumping, throwing catching Sport: Netball</p>	<p>Gymnastics Bridges & Flight Link 3 actions improving control and fluency Explore different ways of performing Link 3 actions slowly and repeating actions</p>	<p>Dance Explore a range of dances, using step and gesture patterns, body shapes, contact work, and contrasts in dynamic and rhythmic patterning. They learn more about both dance style and music.</p>	<p>Net and Wall Sport: Badminton</p>	<p>OAA Develop pupils understanding in a variety of land based adventurous activities • Take part in problem solving or survival activities requiring pupils to plan collaboratively in pairs or small groups</p>	<p>Striking and Fielding Isolated running, jumping, throwing catching Sports: Cricket</p>
Year 6	<p>Games Isolated running, jumping, throwing catching and athletics Sport: Basketball</p>	<p>Gymnastics Synchronisation & Canon Counter Balance & Counter tension Link actions linked to speed and balance Link actions according to symmetry Design a performance</p>	<p>Dance Explore a range of dances, using step and gesture patterns, body shapes, contact work, and contrasts in dynamic and rhythmic patterning. They learn more about both dance style and music.</p>	<p>Net and Wall Sport: Tennis</p>	<p>OAA Develop pupils understanding in a variety of land based adventurous activities. Take part in problem solving or survival activities requiring pupils to plan collaboratively in pairs or small groups</p>	<p>Striking and Fielding Summer Sports Rounders/Cricket/Athletics</p>