

Subject	Autumn 1	Autumn 2	Spring	Spring	Summer	Summer
PE			1	2	1	2
Van 1	Compa	Comp. Dools 9	Dance – Colours		Net and Wall	Addation
Year 1	Games	Gym – Rock &	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			Athletics
	Throwing and catching Creative games	Rolling/Taking weight on hands			Sport: Tennis	Prepare for Sports day,
	running and jumping	Copy, repeat and explore				running, relays, throwing
	Bat and ball skills	simple skills & actions with				and catching, musical
	Bat and ban skins	basic control and	dance that expresses			throws, under/over)
		coordination.	feeling.	aa.a.,a.a.a.		
		Travel stop and make				
		shapes.				
Year 2	Games	Gym – Balancing parts –	Dance – The Toy Box		Net and Wall	Athletics
	Ball games	High & Low/ Turning	As above	As above		
	Creative games – running	spinning and twisting	Improvise and experi			Prepare for Sports day,
	and jumping	Perform basic actions		levels and a growing		running, relays, throwing
	Invent and play games	Be aware of body shape	range of possible movements.			and catching, musical
		Perform basic actions really				throws, under/over)
		slowly				
		Link 2 actions together.				
		Take off, landing and rolling.		Swimming		
Vaa. 2	Games	Start and finish positions.	Dance Swimming		Cimamain a	
Year 3	Isolated running, jumping,	Gymnastics Symmetry & Asymmetry	Perform body	Swimming	Swimming	Swimming
	throwing catching	Special ways of travelling	actions with			
	Sport: Hockey	Different ways to link pairs	control; choose			
	Sport House,	of actions	movements with			
		Slow actions to change	different qualities			
		dynamics	to make a dance			
			phrase to expresses			



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			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			
Year 4	Swimming	Swimming	Swimming	Gymnastics Balance&Change of direction/Rolling Link actions fluently Different ways of performing actions Explore change of speed	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.	Striking and Fielding Isolated running, jumping, throwing catching Sports Hockey & Tennis



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