

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Introduction to PE Unit 2 (develop skills of safely using space, stopping safely, using and sharing equipment, working individually, with a partner and group)	Fundamentals: Unit 2 (develop skills of balancing, running, hopping, jumping, travelling and changing direction)	Gymnastics: Unit 2 (explore creating shapes and balances, jumps and rolls)	Dance: Unit 2 (develop expressive movement by exploring travelling actions, shapes and balances)	Games: Unit 2 (further develop fundamental skills by playing variety of games. Learn how to work as a team, take turns, keep the score, play against opponent and by the rules)	Ball Skills: Unit 2 (develop fundamental ball skills: throwing, catching, rolling, using a target, dribbling, kicking, bouncing and catching)
Year 1	Fundamentals (develop skills of balancing, running, changing direction, jumping hopping and skipping)	Gymnastics (basic skills of jumping, rolling, balancing and travelling to create movement sequences)	Dance (explore travelling actions, movement skills and balancing)	Ball skills (explore and develop fundamental ball skills: throwing, catching, rolling and dribbling with both feet and hands)	Invasion Games (develop skills such as sending and receiving and dribbling with both hands and feet)	Athletics (develop skills: running at different speeds, changing direction, jumping and throwing)
Year 2	Target Games (develop understanding of defending and attacking by throwing, rolling and striking towards a target)	Gymnastics (develop skills of jumping, rolling, balancing and travelling to create short sequences and movement phrases)	Dance (explore space and how body can move to express an idea, mood, character or feeling)	Net and Wall Games (use and develop skills such as throwing, catching, tracking and hitting a ball)	Fitness (explore and develop agility, balance, co-ordination, speed and stamina)	Athletics (develop skills such as running at different speeds, jumping and throwing)
Year 3/4	Fundamentals 3/4 (develop fundamental skills of balancing, running, jumping, hopping and skipping)	Gymnastics Balances/Sequences (develop balancing, rolling, jumping and inverted movements to create more complex sequences)	Dance (create characters and narrative through movement and gesture)	Rugby (develop understanding of attacking and defending principles of invasion games)	OAA (develop problem solving skills through a range of challenges)	Athletics (develop basic running, jumping and throwing techniques)
Year 4/5	Dodgeball (improve on key skills: throwing, dodging, jumping, catching)	Gymnastics (sequences) (develop balancing, rolling, jumping and inverted movements)	Dance (develop awareness of historical and cultural origins of different dances)	Football (develop understanding of attacking and defending principles of invasion games)	Tennis (develop tactical awareness)	Athletics (develop flexibility, strength, technique, control and balance)
	Fitness (explore and develop strength, stamina, speed, co-ordination, balance and agility)	Dance (how to use movement to explore and communicate ideas and issues)	Gymnastics (apparatus) (develop skills on apparatus with greater depth)	OAA (develop map reading skills)	Basketball (develop understanding of attacking and defending principles)	Rounders (understanding principles of striking and fielding)
Year 6	Hockey (develop understanding of attacking and defending principles)	Dance (develop an idea or theme into choreography)	Dodgeball (improve skills such as throwing, dodging and catching)	Archery (hand-eye coordination, fine motor control, core body strength and endurance)	Rugby (develop understanding of attacking and defending principles))	Striking & Fielding (understanding principles of striking and fielding)
	Fitness (develop different areas of health and fitness: strength, stamina, speed, co-ordination, balance and agility)	Gymnastics (sequences) (combine and link actions)	Gymnastics (apparatus) (develop skills on apparatus or with greater depth)	OAA (develop map reading skills)	Tennis (develop understanding of net and wall games)	Athletics (set challenges for distance and time: running, jumping, throwing)