

Year Group Summary

Three Pillars of Progression:

Motor Competence
 Healthy Participation
 Rules, strategies and tactics (RST)

Games:

Striking and fielding

Invasion Games

Target Games

Netwall Games

Swimming NC: All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2.

OAA NC: take part in outdoor adventurous activity (OAA) by the end of KS2 (Spring 2 Outdoor). Year 6 residential.

Year	Term	Indoor	Outdoor
R	Autumn 1	First PE unit (Healthy Participation)	Enjoy a ball
	Autumn 2	Fitness and FMS (Motor Competence)	Football Fundamental's
	Spring 1	Gymnastics	Orienteering (OAA)
	Spring 2	Dance (Choose)	Tennis
	Summer 1	Indoor Athletics	Outdoor Athletics
	Summer 2	Indoor Athletics	Outdoor Athletics
1	Autumn 1	Dodgeball	Netball (Ball Skills)
	Autumn 2	Multi-Skills (Christmas busy)	Football Fundamental's
	Spring 1	Gymnastics	Orienteering
	Spring 2	Dance (Fairytale)	Rugby Fundamental's
	Summer 1	Boccia	Tennis
	Summer 2	Indoor Athletics	Outdoor Athletics
2	Autumn 1	Dodgeball	Netball (Ball Skills)
	Autumn 2	Yoga (busy due to production)	Football Fundamental's
	Spring 1	Gymnastics	Orienteering
	Spring 2	Dance (Holi)	Rugby Fundamental's
	Summer 1	Boccia	Tennis
	Summer 2	Indoor Athletics	Outdoor Athletics
3	Autumn 1	Fitness	Netball
	Autumn 2	Dodgeball	Football
	Spring 1	Gymnastics	Orienteering
	Spring 2	Dance (Romans)	Tag Rugby
	Summer 1	Boccia	Tennis
	Summer 2	Indoor Athletics	Outdoor Athletics
4	Autumn 1	Fitness	Netball
	Autumn 2	Dodgeball	Football
	Spring 1	Gymnastics	Orienteering
	Spring 2	Dance (Greatest Showman)	Tag rugby
	Summer 1	Leadership (Play leaders)	Tennis
	Summer 2	Indoor Athletics	Outdoor Athletics
5	Autumn 1	Fitness	Netball
	Autumn 2	ROKT	Football
	Spring 1	Gymnastics	Orienteering
	Spring 2	Dodgeball	Quicksticks
	Summer 1	Dance (Vikings)	Tennis
	Summer 2	Indoor Athletics	Outdoor Athletics

6	Autumn 1	Fitness	Netball
	Autumn 2	Dodgeball	Football
	Spring 1	Gymnastics (Utopia)	Orienteering
	Spring 2	Dance (World War 2)	Quicksticks
	Summer 1	Gymnastics	Tennis
	Summer 2	Indoor Athletics	Outdoor Athletics

National Curriculum

FMS and Fitness:

KS1 NC: Master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

KS2 NC: Can compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Gymnastics/Yoga:

KS1 NC: Master basic movements such as jumping. Develop balance, agility and co-ordination.

KS2 NC: Can use range of skills in different ways and to link them to make actions and sequences of movement. Developed flexibility, strength, technique, control and balance.

Dance:

KS1 NC: Can perform dances using simple movement patterns.

KS2 NC: Perform dances using a range of movement patterns.

Games:

KS1 NC: Master basic movements such as running, jumping, throwing and catching.

Participate in team games, developing simple tactics for attacking and defending.

KS2 NC: Can use running, jumping, throwing and catching in isolation and in combination.

Play competitive/modified games, and apply basic principles suitable for attacking and defending.

Athletics:

KS1 NC: Master basic movements including running, jumping and throwing, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.

KS2 NC: Can use running, jumping, throwing and catching in isolation and in combination and developed flexibility, strength, technique, control and balance. Can compare performances with previous ones and demonstrate improvement to achieve their personal best.