



Key Stage 1

School values	Year 1			Year 2		
	Be brave	Be kind	Belong	Be brave	Be kind	Belong
PE	<p>Games Ball skills fundamentals Throw/catch/Kick</p> <p>Gymnastics Fundamental skills Movement and balance</p> <p>Leap Program Linked to gymnastics</p>	<p>Games Fundamental skills Pass/ receive/ bounce</p> <p>Dance Fundamental skills Short sequence with control. Start finish position. Perform.</p> <p>Leap Program Linked to dance</p> <p>Swimming</p>	<p>Net and Wall Fundamental skills Control</p> <p>Athletics Fundamental skills Throw/jump/ Run</p>	<p>Games Invasion games fundamentals Sending and receiving a ball. Use skills in small game.</p> <p>Gym Connect movement and balance in a sequence. Curled/stretched body position Perform and evaluate.</p>	<p>Games Invasion games fundamentals Sending and receiving a ball. Use skills in small game. Evaluate</p> <p>Dance Create a dance sequence with a partner. Use different levels and travelling actions. Increase both fluency and control</p>	<p>Striking and fielding Fundamental skills Sending a ball with accuracy Hit a ball/ Catch a ball/ Roll a ball. Use skills in small game.</p> <p>Athletics Throw/ Jump/ Run Compete against self and others. Evaluate and improve performance.</p> <p>Swimming</p>



Key Stage 2

	Year 3			Year 4			Year 5			Year 6		
School values	Be brave	Be kind	Belong	Be brave	Be kind	Belong	Be brave	Be kind	Belong	Be brave	Be kind	Belong
PE	<p>Games Primary focus: Netball</p> <p>Increase accuracy in passing shooting. Finding and using space. Applying skills in small-sided games.</p> <p>Gym Create sequences using floor and apparatus. Include different types and levels of movement</p>	<p>Games Primary focus: Football</p> <p>Increase accuracy of dribbling and passing. In small games: Make increasingly accurate decisions about attacking and defending. Make increasingly good use of space.</p> <p>Dance Create and perform a dance with different sections including an action/reaction element.</p> <p>Swimming</p>	<p>Net and Wall Play a forehand and backhand shot. Serve into a specific area. Use some tactics in an adapted tennis game.</p> <p>Striking and fielding Improve accuracy of overhand throw and catching skills fielding skills. Use skills in an adapted rounders-style game.</p> <p>Athletics run smoothly at different speeds. jump 1 foot to 2 feet. Throw for distance and height?</p>	<p>Games Primary focus: Basketball Netball</p> <p>Move into space while dribbling Receive from and pass to a partner accurately. Increase accuracy of shooting. Apply learnt skills to an adapted 5v5 basketball or hi 5 Netball game.</p> <p>Gym Create sequences that begin to show a range of contrasting shapes, actions, levels and ways of travelling.</p> <p>Swimming</p>	<p>Games Primary focus: Touch Rugby</p> <p>Run with a ball at speed while dodging defenders. Pass backwards with accuracy.</p> <p>Dance Create and perform a dance with different sections including changes in direction, speed and level. Topic stimulus River Nile</p>	<p>Net and Wall develop increasing accuracy forehand/backhand. begin placing shots tactically in small, adapted games.</p> <p>Outdoor and adventurous activities Work effectively as part of a pair/group. Complete orienteering activities using a basic map of the school</p> <p>Athletics sprint using an effective action. select a jump for distance. Throw for distance and height.</p>	<p>Games Primary focus: Football</p> <p>Create space within a game situation Make decisions about when it is best to pass around the defenders or take them. Play a position in a team.</p> <p>Gym Partner sequences: work with a partner create and perform sequence of actions on the floor and apparatus. travel apart/ together showing a range of gymnastic elements. Include partner balances.</p>	<p>Games Primary Focus: Basketball/Netball</p> <p>Re-cap individual and passing skills from lower Ks2. select appropriate passes, adapt body position to defend an opponent. successful basketball shot. Play in 5v5 Basketball and full hi 5 netball match</p> <p>Dance create and perform a dance that has a clear beginning, middle and an end. include travel, jumps and turns in sequence. teach a dance phrase</p> <p>Swimming</p>	<p>Net and wall develop increasing accuracy with forehand and backhand. Use this accuracy to begin placing shots tactically in small, adapted games.</p> <p>Striking and fielding Primary focus: cricket Play a competitive striking and fielding game using skills learnt hit a moving ball consistently using a cricket bat. bowl a ball over arm in a straight line. Field effectively and throw accurately.</p> <p>Athletics Recap Ks2 skills Participate in an athletics competition demonstrating most of the skills learnt to run, jump and throw. Work with a partner suggesting improvements and record results</p>	<p>Games Primary focus: Rugby</p> <p>Pass with accuracy, at chest height, whilst running with the ball and apply tactics to select the best ways to attack and defend. Critically evaluate performance</p> <p>Gym With accuracy and control, work with a partner to perform a sequence of 8-10 actions on floor and apparatus. Show elements of counterbalance and counter tension. show a clear and controlled start and finish position. Evaluate performance.</p>	<p>Games Hockey control the ball whilst moving and pass and receive it in a game. Run into space controlling and passing the ball accurately and looking for intercepting opportunities. Evaluate performance.</p> <p>Dance Perform with precision and quality. perform a dance based on topic area. link this into a whole class dance performance.</p> <p>Swimming</p>	<p>Net and wall develop increasing accuracy with forehand and backhand. Use this accuracy to begin placing shots tactically in short tennis games with slow bounce balls</p> <p>Outdoor and adventurous Work sensibly and collaboratively with a partner / group to achieve an outcome. Take part in a competitive orienteering challenge within the school grounds.</p> <p>Athletics Recap Ks2 skills Participate in an athletics competition demonstrating skills Work with a partner suggesting improvements and record results.</p>