



Key Stage 1 and 2 PE

Cycle A

	Autumn	Spring	Summer
Class 1	Multi Skills/Gymnastics Mastering basic movements <ul style="list-style-type: none"> • Running, Jumping, throwing and catching • Balance, agility and coordination 	Dance/Games <ul style="list-style-type: none"> • Perform dances using simple movement patterns • Begin to participate in simple team games 	Athletics/Swimming <ul style="list-style-type: none"> • Running, Jumping, throwing and catching • Water safety and Confidence
Class 2	Gymnastics/Dance <ul style="list-style-type: none"> • Travelling • Levels and sequences 	Gymnastics/Dance <ul style="list-style-type: none"> • Balancing • Levels and sequences 	Games/Athletics/Swimming <ul style="list-style-type: none"> • Ball skills - throwing and catching/rolling • Simple ball games • Running/throwing
Class 3	Gymnastics <ul style="list-style-type: none"> • Rolls • Turns • Jumps Netball <ul style="list-style-type: none"> • Throws • Catching 	Dance <ul style="list-style-type: none"> • Egyptian dancing • Repeating movements • Sequences • Dances from other cultures. Rugby <ul style="list-style-type: none"> • Playing tag 	Tennis <ul style="list-style-type: none"> • Serving • Accuracy when returning the ball. • Using a range of hits Athletics <ul style="list-style-type: none"> • Sprinting

		<ul style="list-style-type: none"> • Dodging other players • Accurate passing of the ball 	<ul style="list-style-type: none"> •
Class 4	<p>Football</p> <ul style="list-style-type: none"> • Ball control • Passing • Tackling <p>Hockey</p> <ul style="list-style-type: none"> • Accurate passing • Game skills 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Balances, including equipment. • Twists, turns, jumps using apparatus. <p>Dance</p> <ul style="list-style-type: none"> • Cheerleading • Coordination • Balance 	<p>Rounders</p> <ul style="list-style-type: none"> • Throwing and catching • Fielding skills • Batting (using tennis bats) <p>Athletics</p> <ul style="list-style-type: none"> • Long distance running • Ball throw
Class 5	<p>Football</p> <ul style="list-style-type: none"> • Healthy lifestyle • Warm-ups • Skills <p>Hockey</p> <ul style="list-style-type: none"> • Attacking and defending • Shooting • Game skills 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Balances • Travelling including across apparatus • Developing and refining sequences. <p>Dance</p> <ul style="list-style-type: none"> • The Haka • Pattern dances • Evaluating performance 	<p>Rounders</p> <ul style="list-style-type: none"> • Accuracy when throwing and catching • Fielding skills • Batting skills using rounders bats • Bowling <p>Athletics</p> <ul style="list-style-type: none"> • Sprinting and Long distance running. • Hurdles

Cycle B

	Autumn	Spring	Summer
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Class 1	Multi Skills/Gymnastics Mastering basic movements <ul style="list-style-type: none"> • Running, Jumping, throwing and catching • Balance, agility and coordination 	Dance/Games <ul style="list-style-type: none"> • Perform dances using simple movement patterns • Begin to participate in simple team games 	Athletics/Swimming <ul style="list-style-type: none"> • Running, Jumping, throwing and catching • Water safety and Confidence
Class 2	Gymnastics/Dance <ul style="list-style-type: none"> • Travelling • Levels and sequences 	Gymnastics/Dance <ul style="list-style-type: none"> • Balancing • Levels and sequences 	Games/Athletics/Swimming <ul style="list-style-type: none"> • Ball skills - throwing and catching/rolling • Simple ball games • Running/throwing
Class 3	Gymnastics <ul style="list-style-type: none"> • Rolls • Turns • Jumps Netball <ul style="list-style-type: none"> • Throws • Catching 	Dance <ul style="list-style-type: none"> • Egyptian dancing • Repeating movements • Sequences • Dances from other cultures. Rugby <ul style="list-style-type: none"> • Playing tag • Dodging other players • Accurate passing of the ball 	Tennis <ul style="list-style-type: none"> • Serving • Accuracy when returning the ball. • Using a range of hits Athletics <ul style="list-style-type: none"> • Sprinting •
Class 4	Football <ul style="list-style-type: none"> • Ball control • Passing • Tackling Hockey <ul style="list-style-type: none"> • Accurate passing • Game skills 	Gymnastics <ul style="list-style-type: none"> • Balances, including equipment. • Twists, turns, jumps using apparatus. Dance <ul style="list-style-type: none"> • Cheerleading • Coordination 	Rounders <ul style="list-style-type: none"> • Throwing and catching • Fielding skills • Batting (using tennis bats) Athletics <ul style="list-style-type: none"> • Long distance running

		<ul style="list-style-type: none"> • Balance 	<ul style="list-style-type: none"> • Ball throw
Class 5	<p>Football</p> <ul style="list-style-type: none"> • Healthy lifestyle • Warm-ups • Skills <p>Hockey</p> <ul style="list-style-type: none"> • Attacking and defending • Shooting • Game skills 	<p>Gymnastics</p> <ul style="list-style-type: none"> • Balances • Travelling including across apparatus • Developing and refining sequences. <p>Dance</p> <ul style="list-style-type: none"> • The Haka • Pattern dances • Evaluating performance 	<p>Rounders</p> <ul style="list-style-type: none"> • Accuracy when throwing and catching • Fielding skills • Batting skills using rounders bats • Bowling <p>Athletics</p> <ul style="list-style-type: none"> • Sprinting and Long distance running. • Hurdles