

Physical Education

Year Group	Autumn	Spring	Summer
KS1 – Year A	Multi Skills - Developing ABC Skills	Gymnastics	Mini Athletics
Key Skill	Navigate around an area safely, stop and use the pivoting technique to turn and change direction.	Perform 3 basic jumps and land safely, pencil, star and tuck on the floor and low apparatus.	Complete a 25m sprint race and know what the start commands are to start the race.
	Big Moves assessments	Floor gymnastic	Team games and Activities
Key Skill	Complete a set movement to develop balance and coordination.	Show creative and interesting travels on different body parts.	Attempt to use the skills they have learnt in other sports.
	Multi-Sports Invasion Games	Dance	Recap of Multi-Skills
Key Skill	Understand how to carry the rugby ball with 2 hands.	Copy movements given to them.	Attempt to use agility, balance and coordination skills in games.
	Dance	Forest School	Multi-Sports Game Based
Key Skill	Be able to count in beats of 8 to music.	To showcase the Forest School ethos.	Start to co-ordinate skills at the same time when playing an activity.

Year Group	Autumn	Spring	Summer
KS1 – Year B	Multi Skills - Developing ABC Skills	Gymnastics	Mini Athletics
Key Skill	To list and follow rules in games.	Show the 5 gymnastics shapes in a basic routine on the floor.	Complete stand long jump, motivating each other and talking.
	Dance	Gymnastic Floor	Team Games
Key Skill	Listen to the music and clap or count the beats of 8.	Complete 3 basic rolls, egg, pencil and teddy bear.	Take turns, using speed and navigating a space.
	Multi-Sports Invasion Games	Dance	Recap of Multi-Skills
Key Skill	Using new equipment – hockey sticks. Ensure you are holding your stick with the correct hand position.	Copy movements given and be able to keep in time with the music and know which action or dance move comes next.	Know and use the correct technique when throwing underarm.
	Big Moves	Forest Schools	Multi-Sports Game Based
Key Skill	Hold a balance still for 5-7 seconds.	Work together to create a new habitat area.	Understand the stop position when using a football.

Year Group	Autumn	Spring	Summer
LKS2 – Year A	Tag Rugby	Gymnastics Apparatus	Athletics
Key Skill	Be able to send and receive the rugby ball using the correct technique and accuracy in exercise.	Become more confident when climbing going high and adventuring over, under and through apparatus.	Complete a 50m sprint, showing running on the balls of the feet, hip to lip arms and eyes focus straight ahead.
	Dance	Gymnastics Floor	Tennis/Swimming
Key Skill	Create a small section of a dance or a pose over 8 beats of music, keeping to the timing of the music.	Learn 2 more additional jumps, half turn and full turn and perform on floor and low apparatus.	Play an adapted game of tennis with a partner following the rules and playing fairly.
	Football	Dance	Dodgeball
Key Skill	Be able to dribble the ball showing agility, keeping the ball under control and using the correct technique.	Perform as a group or class, to an audience and evaluate themselves in dance.	Work and communicate as part of a team, giving and receiving instructions and following them.
	Basketball	Netball/Swimming Lessons	Striking and fielding (Rounders)
Key Skill	Using chest, bounce and overhead passes, over short or long distances to a teammate, dribbling with the ball under control, around players or into space, attempting to shoot and score, attempt to tackling and block opposition player.	Try to use the basic netball core skills in an adapted netball game.	Attempt to contact the ball when hitting with the rounders bat.

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LKS2 – Year B	Tag Rugby	Gymnastics Apparatus	Athletics
Key Skill	Be able to send and receive a rugby pass of 3m apart in a game situation.	Using the correct technique when climbing up, down, over and through apparatus.	Complete 400m long distance run pacing themselves and showing a sprint towards the end.
	Dance	Gymnastics Floor	Hockey/Swimming
Key Skill	Learn a dance with more technical movements, changing speed and positions or different actions happening at the same time.	Show point and patch balances extending and pointing body parts. Be able to work as a team to create counter and group balances.	Show the hockey core skills, dribbling, passing, shooting and tackling.
	Football	Dance	Striking and fielding (Cricket)
Key Skill	Be able to pass the ball using the correct technique when passing close and far distances 2-15 meters away.	Perform dance to an audience and receive and give feedback on other groups performances.	When batting, know when to run and not to run and think tactically when a good time is to move or stop.
	Basketball	Badminton/Swimming	Mini Games and Alternative sports
Key Skill	Try to use the basic basketball core skills in an adapted basketball game.	Be able to do an underarm serve and get the shuttle over the net.	Think about using attacking knowledge from other games and activities to help their team succeed

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UKS2 – Year A	Tag Rugby	Gymnastics	Athletics
Key Skill	Understand positioning and formation for their team in a tag rugby match, defensive line and attacking in a V shape.	Perform the 5 gymnastic shapes, 7 jumps, and a wide range of different balances using points and patches, complete 4 different types of rolls on the floor showing good flexibility, strength and body control using the correct technique.	Complete a 75m sprint with good technique, eyes looking straight ahead, hip lip arm work, straight back, chest out, good strides, dipping head and shoulder towards the line.
	Dance/Swimming	Dodgeball	Tennis
Key Skill	Create part of a dance to add to the class dance in small groups - the dance will last 4 beats of 8.	Use a wide range of skills learnt across other sports and apply to the game or activity.	Play an adapted game of tennis against an opponent showing a range of different shots to return the ball.
	Basketball/ Swimming	Dance	Mini Games and Alternative sports
Key Skill	Apply all the core basketball skills learnt over the years into a match. Dribbling with speed and agility, a range of different passes over different distances, tackling and blocking an opposition and shooting from a range of areas, in the key, out of the key and lay ups.	Perform dance to an audience, can they take a lead role or stand out in their performance by showing good technique and time in dance?	Use a wide range of skills learnt across other sports and apply to the game or activity.
	Football	Netball	Striking and fielding (Rounders)
Key Skill	Be able to work and play as a team in a football match, use them to pass to and receive off. Support when attacking or defending.	Apply all the core netball skills learnt over the years into a match. Moving off the ball with agility, a range of different passes over different distances, tackling and blocking an opposition and shooting in the attacking D.	When batting, the child is hitting the ball most of the time whilst using the correct technique and timing.

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UKS2 – Year B	Tag Rugby	Gymnastics	Athletics
Key Skill	Know which areas of the pitch to attack and how to create space on the pitch.	When showing balances on or off apparatus show good creativity, strength and flexibility.	Complete a 600m long distance race pacing themselves with a sprint finish and thinking tactically about when to go faster in a race.
	Dance/Swimming	Dodgeball	Hockey
Key Skill	Organise and work as part of a team to create dance, sharing ideas and knowledge.	Use and apply defensive and attacking knowledge in the game as part of a team.	Be able to play as part of a team, passing to teammates and receiving the ball from them.
	Football	Dance	Mini Games and Alternative Sport
Key Skill	Using all skills learnt across the years- dribbling with agility and speed, pass the ball over short and long distance, to attempt shooting from close and far distances, taking a throw in and making the ball get to a player.	When performing keep in time with the music and to know which section comes next.	Use and apply defensive and attacking knowledge in the game as part of a team.
	Basketball	Badminton	Striking and fielding (Cricket)
Key Skill	Understand how to attack and defend as part of a team. Defending on the halfway line and man to man marking. Attacking, moving forward at speed into space, creating passes or shooting opportunities.	Play an adapted game against an opponent showing a range of different shots to return the shuttle.	When batting think about clearing bases, communicating to team members to run or stop when safe.