

Intent

PE is taught by a PE specialist. Children have equal opportunities to take part in a range of sports and physical activities where effort as well as success is recognised. We have planned our curriculum to ensure all children can experience a range of disciplines and learn a variety of skills. We teach the National Curriculum, supported by a clear skills and knowledge progression. This ensures that skills and knowledge are built on year by year and sequenced appropriately to maximise learning for all children. Children are encouraged to participate in exercise through-out the day during PE lessons, clubs, outdoor learning, lunch provision and special events.

	Autumn 1 Net and Balls Skills	Autumn 2 Invasion games	Spring 1 Gymnastics	Spring 2 Dance / Outdoor Adventure Activities	Summer 1 Athletics	Summer 2 Bat and Field
Nursery	Manipulation & Coordination Send and receive, try to co-ordinate body parts.	Cooperate and Solve Problems Listen, share ideas and questions.	Gymnastics Control objects, co-ordinate body parts.	Dance Copy and repeat some basic actions to music.	Speed Agility Test Perform simple actions showing changes in speed.	Body Management Explore balance, stretch and reach.
Reception	Manipulation & Coordination Send, receive, control objects, co-ordinate body parts.	Cooperate and Solve Problems Work with a partner to listen, share ideas and questions.	Gymnastics Send/receive/control objects, co-ordinate body parts.	Dance Copy, repeat and perform some basic actions to music.	Speed Agility Test Perform actions showing changes in speed.	Body Management Explore balance, managing own body through stretch, reach and extend.
Year 1	Send and Return Send and receive objects with increased confidence using hand or bat and a variety of balls.	Attack, Defend, Shoot Practise basic movements and begin to engage in competitive activities.	Gymnastics Use simple gymnastic actions and shapes whilst applying strength and linking actions.	Dance and OAA Explore space, direction, levels and speed & perform with different body parts.	Run, Jump, Throw Begin to link running and jumping. Refine a range of running. Throw longer distances.	Hit, Catch, Run Hit objects with hand or bat. Track and retrieve a rolling ball. Throw and catch.
Year 2	Send and Return Hit/return a ball with consistency, throw, catch, over a net, choose tactics, improve agility/coordination.	Attack, Defend, Shoot Send and receive a ball using feet. Refine ways to control body and a range of equipment.	Gymnastics Describe/explain transition, linking elements. Perform basic actions with control at different speeds & levels	Dance and OAA Transition from shapes and balances. Respond imaginatively to music.	Run, Jump, Throw Throw a variety of objects. Develop power, agility, coordination and balance.	Hit, Catch, Run Develop hitting skills with a variety of bats, hit/run to score points, feed and bowl.
Year 3	Tennis & Volleyball Describe rules, explore forehand, begin a game, measure, time, compare runs, jumps and throws.	Tag Rugby & Netball Handle a rugby ball, evade attackers, link skills in team attack, basic rules, pass, catch and throw.	Gymnastics Modify different pathways, directions and shape. Relate strength and flexibility to gymnastic actions.	Dance and OAA Practise and put together a performance with facial expressions. Perform with a group.	Run, Jump, Throw Control movement Show agility, speed, jump for height/distance. Throw with speed/power.	Cricket Adhere to some basic rules of cricket, strike a bowled ball, develop range of skills for competition.
Year 4	Tennis & Swimming Explore forehand/backhand shots, work to return a serve and explore positions of play.	Tag Rugby & Swimming Consistently use basic tag rugby skills, rules & tactics, increase speed/endurance.	Gymnastics/Swimming Confidently perform skills with a partner and in sequences.	Dance Practise/perform a variety of different formations including freeze frames with a theme.	Athletics Performance running, jumping and throwing with equipment to measure.	Rounders Develop competitive skills, with a range of tactics. Identify different roles.
	Swimming Beginner Enter/leave the water independently, swim 5-20m unaided, more forward using a swimming aid, submerge self fully.		Swimming Intermediate Enter/leave the water in a variety of ways, swim 10–20m, basic swimming techniques, use basic breathing patterns.		Swimming Advanced: Perform two strokes with good breathing, attempt personal survival, link lengths with turns.	
Year 5	Tennis Introduce volley / overheard shots, apply to a game, play with others to score and defend with service rules.	Tag Rugby & Netball Catching and passing the ball quickly, attack/defend, increase power of passes. Make choices to pass/shoot.	Gymnastics Create complex sequences, adapt performance, use symmetry, judge strengths & areas for improvement.	Dance and OAA Refine/improve using space, rhythm & expression. Problem solve using memory.	Athletics Sustain pace for short/long distances. Run as part of a relay team, use a range of jumps and throws.	Cricket Link skills in combination, use and adapt rules with team, use power, flexibility & cardiovascular endurance.
Year 6	Tennis Use backhand, use lob shot, use tennis scoring, develop doubles play/tactics.	Football & Hockey Strategies to attack/defend, wider range of skills. Use speed, rate performance.	Gymnastics Clarity of movement, arrange own apparatus, flight from high apparatus.	Dance and OAA Work collaboratively, different styles, use terminology. Take on a role.	Athletics Apply strength/flexibility to throw, run, jump. Accurately judge, work collaboratively.	Rounders Use a range of tactics for attacking/defending, play in a range of roles.