



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	<b>Introduction to PE: Unit 1</b> - Squatting with steadiness. - Control when pouring. - Drawing simple shapes.	<b>Fundamentals: Unit 1</b> - Standing on one foot. - Climbing confidently. - Walking up and down steps. - Preference with dominant hand. - Developing movement, balancing, riding (scooters, trikes, bikes)	<b>Dance: Unit 1</b> - Moving Freely. - Draw lines and circles using gross motor movements. - Remember sequences and patterns of movements related to music.	<b>Gymnastics: Unit 1</b> - Climbing using alternate feet. - Movement and balance at safe speeds.	<b>Games: Unit 1</b> - Running freely, adjusting speed and direction. - Skip, hop, hold a pose. - Take part in some group/ team activities.	<b>Ball Skills: Unit 1</b> - Kicking a large ball. - Catching a large ball.
<b>Reception</b>	<b>Introduction to PE: Unit 2</b> Shows a dominant hand.	<b>Fundamentals: Unit 2</b> Holding a pencil correctly.	<b>Dance: Unit 2</b> Travel safely around a space.	<b>Gymnastics: Unit 2</b> Experiment with different ways of moving. Jumping off an object. Landing safely.	<b>Games: Unit 2</b> - Running freely, adjusting speed and direction. - Skip, hop, hold a pose. - Take part in some group/ team activities.	<b>Ball Skills: Unit 2</b> Shows increasing control over an object: Pushing, patting, throwing, catching or kicking.
<b>Year 1</b>	<b>Fundamentals</b> Mastering basic movements.	<b>Dance</b> Perform dances using simple movements.	<b>Team Building</b> Take part in team games	<b>Gymnastics</b> - Mastering basic movements. - Develop agility, balance, and co-ordination.	<b>Striking and Fielding Games</b> Master basic movements including running, jumping, and throwing.	<b>Athletics</b> Master basic movements including running, jumping, and throwing.
<b>Year 2</b>	<b>Fundamentals</b> Mastering basic movements.	<b>Dance</b> - Develop balance, agility, and co-ordination. - Perform dances using simple movements.	<b>Invasion Games</b> Take part in team games, developing simple tactics for attacking and defending.	<b>Gymnastics</b> - Master basic movements. - Develop agility, balance, and co-ordination.	<b>Net and Wall</b> Participate in team games, developing simple tactics for attacking and defending.	<b>Athletics</b> Master basic movements including running, jumping, and throwing.
<b>Year 3 (Cycle 1)</b>	<b>Fundamentals</b> Develop flexibility, strength, technique, control and balance.	<b>Dance</b> - Perform dances using a range of movement patterns. - Compare performances to demonstrate improvement.	<b>Fitness</b> Master basic movements including running and jumping.	<b>Gymnastics</b> - Develop flexibility, strength, technique, control, and balance. - Compare performances to demonstrate improvement.	<b>Tag Rugby</b> - Use running, throwing and catching in combination. - Play competitive games. - Apply basic tactics.	<b>Athletics</b> - Use running, jumping, throwing and catching in isolation and in combination. - Develop flexibility, strength, technique, control and balance.
<b>Year 4 (Cycle 2)</b>	<b>Fundamentals</b> Develop flexibility, strength, technique, control and balance.	<b>Dance</b> - Perform dances using a range of movement patterns. - Compare performances to demonstrate improvement.	<b>Dodgeball</b> - Use running, throwing and catching in isolation and combination. - Play competitive games.	<b>Gymnastics</b> - Develop flexibility, strength, technique, control, and balance. - Compare performances to demonstrate improvement.	<b>OAA</b> Take part in outdoor adventurous activities both individually and as a team.	<b>Athletics</b> - Use running, jumping, throwing and catching in isolation and in combination. - Develop flexibility, strength, technique, control and balance.