

		AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
NURSERY	Session 1	FUNDAMENTAL SKILLS Introduction to PE – getting to know the hall, finding space, building confidence.	DANCE Imoves Nursery rhymes & songs Create a short simple dance sequence	FUNDAMENTAL SKILLS 1 BTP – Push Kick Throw	DANCE Imoves Toys Create a short simple dance sequence	FUNDAMENTAL SKILLS 2 BTP – EYFS Activity Ideas	FUNDAMENTAL SKILLS 3 Practise running, throwing, jumping skills for Sports Day
Nursery End Point	By the end of Nursery, children should be able to: demonstrate movement, balancing, riding and ball skills; skip, hop and stand on one leg; climb up apparatus; take part in group and team activities; match their developing physical skills to the task.						
RECEPTION	Session 1	FUNDAMENTAL SKILLS Imoves iexercise Core Strength and Balance	FUNDAMENTAL SKILLS Imoves imove Locomotion, travelling & agility	FUNDAMENTAL SKILLS Imoves ipractise Coordination & Dynamic balance	FUNDAMENTAL SKILLS Imoves icomunicate Agility, Object Control, Core Strength & Balance	FUNDAMENTAL SKILLS Imoves ithink Object Control	FUNDAMENTAL SKILLS Imoves icreate Locomotion & Object Control
	Session 2	DANCE Imoves Healthy Me Create a short simple dance sequence	GYMNASTICS BTP – Freeze Choose Invent Control basic gymnastics shapes and explore ways of performing shapes and creating own.	GYMNASTICS Imoves gymnastics 4-5 Travelling, rolling, balancing, jumping	DANCE Imoves The Mouse & The Monster Create a short simple dance sequence	MOVEMENT SKILLS BTP – Look Run Avoid Movement skills – identify space, vary speed & direction	ATHLETICS Practise skills for Sports Day Sports Day H&W week
Reception End Point	By the end of Reception, children should have: refined and revised the Fundamental Movement Skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing; developed a more fluent style of movement; developed core strength, coordination, balance and agility to engage in future PE (to also enable small motor skills); combine different movements, refine a range of ball skills inc throwing, catching, kicking, passing, batting and aiming; safely use a range of apparatus both alone and in a group.						
YEAR 1	Session 1	GYMNASTICS imoves Gymnastics 5-6 Travelling, rolling, balancing, jumping, using equipment	GYMNASTICS imoves Gymnastics 5-6 Travelling, rolling, balancing, jumping, using equipment	DANCE Imoves dance NC: Perform Dance using simple movement patterns	GYMNASTICS BtP Jump Shape Create NC: Master basic movements...including agility balance and coordination	DANCE Country Dancing Circassian Circle Maypole event NC: Perform Dance using simple movement patterns	FUNDAMENTAL SKILLS BtP Run Jump Throw NC: Use running jumping and throwing in isolation and combination
	Session 2	ATTACKING & DEFENDING BtP Look Run Avoid NC: Team games developing simple tactics for attacking and defending	FUNDAMENTAL SKILLS BtP Agility Balance Coordination NC: Master basic movements...including agility balance coordination	DANCE BtP Inspire Create Perform NC: Perform Dance using simple movement patterns	HAND EYE COORDINATION BtP Strike React Rally NC: Master basic movements...including striking and coordination	INTER-SCHOOL COMPETITION Imoves football (7-8) Preparation for PHGS football festival	FUNDAMENTAL SKILLS Preparation for Sports Day Sports Day H&W week

Year 1 End Point	<p><i>By the end of Year 1, children should be able to:</i> Roll, travel, balance and jump in different ways with control, plan and show a sequence of movements; know and perform different shapes such as dish, arch, pike, tuck, straddle, star and stretch; climb on and off equipment with support where needed; describe own movements and the movements of others. Demonstrate more control in a variety of movements; create and develop a variety of actions which travel and change direction/speed; link 2 or more movements together to make a sequence; Identify space to attack; change speed to evade opponents; use the correct force when striking an object; use a range of equipment to rally with.</p>						
YEAR 2	Session 1 PPA	GYMNASTICS <i>imoves Gymnastics 6-7</i> Travelling, rolling, balancing, jumping, using equipment NC: Master basic movements including agility, balance, coordination	GYMNASTICS <i>imoves Gymnastics 6-7</i> Travelling, rolling, balancing, jumping, using equipment NC: Master basic movements including agility, balance, coordination	FUNDAMENTAL SKILLS <i>BtP Duel Win Lose</i> NC: Master Basic Movements, including throwing and coordination	FUNDAMENTAL SKILLS <i>BtP Hands Feet Equipment</i> NC: Object control – developing coordination and control	ATTACKING & DEFENDING <i>BtP Target Control Combine</i> NC: Team Games developing simple tactics for attacking and defending	FUNDAMENTAL SKILLS <i>BtP React Roll Retrieve</i> NC: Modified games to develop fielding skills
	Session 2 Teacher	HAND EYE COORDINATION <i>BtP Throw Prepare Catch</i> NC: Master Basic Movements, including throwing and catching	DANCE <i>BtP Inspire Create Perform</i> Exploring, creating and performing movements	FUNDAMENTAL SKILLS <i>BtP Fair Share Dare</i> NC: Master basic movements...including agility balance coordination	INTER-SCHOOL COMPETITION <i>Striver Handball planning</i> Preparation for PHGS Handball festival	DANCE Country Dancing I want to be near you <i>Maypole event</i> NC: Perform Dance using simple movement patterns	FUNDAMENTAL SKILLS <i>BtP Look Run Avoid</i> Sports Day H&W week
KS1 End Point	<p><i>By the end of KS1, children should be able to:</i> Roll (log roll, egg roll), travel, balance and jump in specific movements with control; know and perform shapes such as dish, arch, pike, tuck, straddle, star and stretch with strength and control; climb on and perform simple movements on equipment safely; make suggestions how to improve my movements and those of others. Demonstrate control and coordination in movement; explore combining skills such as travelling, turning, jumping, balance and levels; perform 2 or more movements together in a sequence Use a range of throwing and catching techniques; send an object to a target using the correct amount force; use a range of equipment to rally; change speed and direction to evade an opponent; travel with objects in different ways; collaborate with peers and use simple tactics to solve a problem.</p>						
YEAR 3	Session 1 PPA	GYMNASTICS <i>imoves Gymnastics 7-8</i> Leaps, rolls, balances, create a routine to music	GYMNASTICS <i>imoves gymnastics 7-8</i> Preparation for PHGS Gymnastics festival (February)	HAND EYE COORDINATION <i>BtP Strike React Rally</i> NC: Master Basic Movements, including striking and fielding	HAND EYE COORDINATION <i>BtP Target Control Combine</i> NC: Master Basic Movements, including throwing and coordination	FUNDAMENTAL SKILLS <i>BtP Accuracy Power Distance</i> NC: Master basic movements...including throwing and coordination	FUNDAMENTAL SKILLS <i>BtP Run Jump Throw</i> NC: Use running, jumping and throwing in isolation and combination
	Session 2 Teacher	ATTACKING & DEFENDING <i>BtP Look Run Avoid</i>	DANCE <i>imoves Egyptians sand dance 7-8</i>	DANCE <i>imoves Jive dance 7-8</i> Exploring, creating and performing movements	FUNDAMENTAL SKILLS <i>BtP Throw Prepare Catch</i>	DANCE Country Dancing <i>Maypole event</i>	OAA <i>imoves OAA 6-7</i> Teamwork, Exploration, Navigation skills

		NC: Team Games developing simple tactics for attacking and defending	Perform dances using a range of movement patterns		NC: Master basic movements...including throwing and catching	NC: Perform dances using a range of movement patterns	Local Area
Year 3 End Point	<p>By the end of Year 3, children should be able to: Roll (log roll, egg roll, shoulder roll), travel, balance and jump (2 feet to 1 leap, cat leap) in specific movements with control and precision; know and perform all gymnastic shapes learnt with strength, control and flexibility; mount, dismount and perform movements on equipment safely; create linking and transition movements; compare and contrast gymnastic sequences. Work towards coordination and control of movement; combine skills such as travelling and turning with some complexity and confidence; link 3 or more movements together in a sequence; Use a range of equipment to strike a ball; identify space to strike a ball into; use different techniques when throwing and catching</p>						
YEAR 4	Session 1 PPA	GYMNASTICS imoves Gymnastics 8-9 Leaps, symmetric/asymmetric balances, jumps off equipment, create a routine	GYMNASTICS imoves Gymnastics 8-9 Leaps, symmetric/asymmetric balances, jumps off equipment, create a routine	FUNDAMENTAL SKILLS BtP Hands Feet Equipment NC: Object control...developing coordination and control	ATTACKING & DEFENDING BtP Duel Win Lose NC: Team Games developing simple tactics for attacking and defending	COMPETITIVE GAMES BtP Watch Move Connect NC: Play competitive games, modified where appropriate	COMPETITIVE GAMES BtP Aim Strike Retrieve NC: Play competitive games, modified where appropriate Sports Day H&W week
	Session 2 Teacher	COMPETITIVE GAMES imoves Netball / PHGS teacher planning Preparation for PHGS Netball festival	ATTACKING & DEFENDING BtP Inspire Create Perform NC: Perform dances using a range of movement patterns	DANCE imoves Romans 8-9 Perform dances using a range of movement patterns	FUNDAMENTAL SKILLS BtP React Roll Retrieve NC: Modified Games to develop fielding skills SWIMMING	DANCE Maypole Spider's Web Maypole event NC: Perform dances using a range of movement patterns	OAA imoves OAA 8-9 Teamwork, fixed/open trails, basic orienteering Local Area SWIMMING
LKS2 End Point	<p>By the end of Year 4, children should be able to: Roll (log roll, egg roll, shoulder roll, teddy bear roll), travel, balance and jump (stag leap, scissor leap) in specific movements with control and precision; know and perform all gymnastic shapes learnt with strength, control and flexibility; mount, dismount and perform movements on equipment safely with control and balance; create linking and transition movements and patterns and some elements of stillness; compare and contrast gymnastic sequences, commenting on similarities and differences. Demonstrate precision of movement and coordination; combine skills with some complexity, confidence and precision; link several movements together in a sequence and remember them to perform. Use different techniques when throwing and catching; explore and perform a range of dribbling options; react to the movement of an opponent and evade them;</p>						
YEAR 5	Session 1 PPA	SPORTING VALUES BtP Fair Share Dare NC: Embed values such as fairness and respect	GYMNASTICS imoves Gymnastics 9-10 Spin on point/travel, counter balance/ tension, use a ribbon, create a routine	COMPETITIVE MODIFIED GAMES BtP Modified Games Tchoukball	FUNDAMENTAL SKILLS BtP Modified Games Football	COMPETITIVE MODIFIED GAMES BtP Run Jump Throw NC: Use running, jumping and throwing in isolation and in combination.	COMPETITIVE MODIFIED GAMES BtP Modified Games Athletics Sports Day H&W week
	Session 2 Teacher	ATTACKING & DEFENDING BtP Lend Move Score	COMPETITIVE GAMES imoves badminton/ PHGS teacher planning	DANCE imoves Greeks 9-10 NC: Perform dances using a range of movement patterns	Sports Leaders Unit	DANCE Maypole Double Plait Maypole event	OAA imoves OAA 9-10 Communication, problem-solving, map-reading, orienteering

		NC: Play competitive games, modified where appropriate.	Preparation for PHGS Badminton festival		STEP principle, creating & leading activities/warm ups	NC: Perform dances using a range of movement patterns	Local Area
Year 5 End Point	<p>By the end of Year 5, children should be able to: Roll, travel, balance and jump in specific movements (all rolls, steps and leaps learned) with control, precision, balance and flexibility; know and perform all gymnastic shapes learnt with strength, control and flexibility; mount, dismount and perform more complex movements on equipment safely; create linking and transition movements to express ideas suggested by the music; compare and contrast gymnastic sequence, commenting on similarities and differences using correct terminology. Work towards showing varying movement types (e.g. strength, softness, flexibility, control etc) in one performance; combine skills such as travelling and turning with some complexity and confidence; create more than one sequence of movement; create and express ideas in a specific style. Travel with a range of equipment; execute a range of passes; identify when it is best to pass and when not to; begin to understand and follow rules in modified versions of sports, use the ready position in a range of contexts.</p>						
YEAR 6	Session 1 PPA	GYMNASTICS <i>moves Gymnastics 10-11 to use a range of rolls, balances, jumps, and to create a routine using all skills. Use hand apparatus</i>	COMPETITIVE MODIFIED GAMES <i>BtP Modified Games Volleyball</i> NC: Play competitive games, modified where appropriate.	COMPETITIVE MODIFIED GAMES <i>BtP Modified Games Netball</i> NC: Play competitive games, modified where appropriate.	COMPETITIVE MODIFIED GAMES <i>BtP Modified Games Mini Tennis</i> NC: Play competitive games, modified where appropriate.	COMPETITIVE MODIFIED GAMES <i>BtP Evade Invade Capture</i> NC: Play competitive games, principles of attacking and defending	COMPETITIVE MODIFIED GAMES <i>BtP Modified Games Athletics</i> Sports Day H&W week OAA – Herd Farm
	Session 2 Teacher	COMPETITIVE GAMES <i>BtP Block Guard Support</i> NC: Play competitive games, modified where appropriate.	COMPETITIVE MODIFIED GAMES <i>Karate</i>	DANCE <i>BtP Inspire Pattern Perform</i> Perform dances using a range of movement patterns <i>moves Cheerdance</i>	OAA <i>moves OAA 10-11</i> Plan & participate in an expedition, follow an orienteering course & compete Local Area	DANCE Country Dancing <i>Maypole event</i> NC: Perform dances using a range of movement patterns	COMPETITIVE GAMES <i>BtP Modified Games Cricket</i> Preparation for PHGS cricket festival
KS2 End Point	<p>By the end of Key Stage 2, children should be able to: Roll, travel, balance and jump in specific movements (all rolls, steps and leaps learned) with control, precision, balance and flexibility; know and perform all gymnastic shapes learnt with strength, control and flexibility; mount, dismount and perform more complex movements on equipment safely; create linking and transition movements to express ideas suggested by the music; compare and contrast gymnastic sequence, commenting on similarities and differences using correct terminology. Demonstrate with accuracy more movement types (e.g. strength, softness, flexibility, control etc) in one performance; combine skills to demonstrate flexibility, strength, technique, control and balance; create more than one sequence of movement; create and express imaginative ideas in a specific style. Travel with a range of equipment; move and use body to outwit or block an opponent; understand and follow rules in modified versions of games/sports; use a range of strategies to attack and defend in modified games; contribute ideas and creativity to adapting games and rules.</p>						

National Curriculum:

KS1:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

KS2:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.