

PE and Dance

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Basic skills – running, jumping, catching, co-ordination; team games; relay races; dance	Basic skills – running, jumping, catching, co-ordination; team games; relay races; dance	Basic skills – running, jumping, catching, co-ordination; team games; relay races; basic ball skills; dance	Basic skills – running, jumping, catching, co-ordination; team games; relay races; basic ball skills; dance	Basic skills – running, jumping, catching, co-ordination; team games; relay races; basic ball skills; dance	Basic skills – running, jumping, catching, co-ordination; team games; relay races; basic ball skills; dance
Year 2	Warming up; relay races (working together with or without equipment); catching, throwing and rolling balls of various sizes; dance	Using the climbing frame; how to climb safely; rolling, up, under and over; warm-ups and your heartbeat; dance	Focus on ball skills and hockey (pass, control, hit, swipe); dance	The game of hockey; external tutoring in either Judo or Gymnastics; dance	Outdoor games such as kick rounds or non-stop cricket; teamwork games; dance	Outdoor games such as kick rounds or non-stop cricket; teamwork games; dance
Year 3	Listening/responding games; hockey with external coach; dance	Gymnastics with external coach: flexibility, technique, control, balance	Gymnastic skills: climbing, balancing, jumping, rolling; health and safety in sports activities; dance	Basketball and ball skills: passing, receiving, teamwork and co-operation, attack and defence; intensive swimming course	Cricket and Rounders: teamwork, throwing, catching, attack and defence; dance	Cricket and Rounders: teamwork, using a bat, catching a ball; invasion games
Year 4	Co-ordination through skipping; clapping games, jumping games, rope-turning and other skipping; dance	Gymnastics with external coach: flexibility, technique, control, balance	Catching and throwing: rolling, catching, throwing, aiming, overarm, underarm, chest throws etc; dance	Gymnastics with focus on balance and different types of jumps; intensive swimming course	Cricket and Rounders: teamwork, throwing, catching, attack and defence; dance	Games using a net: Badminton (indoors) and/or tennis (outdoors)
Year 5	Hockey with external coach: attack, defence, teamwork, technique	Badminton: racket grip, chasse step, net play, lunge; dance	Judo with external coach: flexibility, strength, technique, control, balance	Football: passing, shooting, different roles on the field, defensive and offensive play, rules, teamwork; dance	Cricket and Rounders: throwing, pitching, accuracy, close catching, wicket keeping, overarm bowling	Running and Athletics: long jump, triple jump, shot putt, javelin and associated skills, strength development
Year 6	Hockey with external coach: attack, defence, teamwork, technique	Handball: speed, pivot, passing skills, use of space, marking, evasion. teamwork; dance	Judo with external coach: flexibility, strength, technique, control, balance	Football: passing, shooting, different roles on the field, defensive and offensive play, rules, teamwork; dance	Cricket and Rounders: throwing, pitching, accuracy, close catching, wicket keeping, overarm bowling	Running and Athletics: long jump, triple jump, shot putt, javelin and associated skills, strength development