

SUBJECT	PE							
Year group		EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Aut 1	Topic focus		Gym Orienteering (outdoor and adventurous).	Gymnastics (large apparatus). Orienteering (outdoor and adventurous).	Gymnastics Orienteering (outdoor and adventurous).	Gymnastics Orienteering (outdoor and adventurous)	Swimming Netball	Gymnastics Netball
	Key knowledge:		Health and Fitness. Know how their body feels. Evaluating & Improving. Talk and describe to their peers.	Health and Fitness. Exercise safely. Know how their body feels. Know how to keep body healthy. Evaluating & Improving. Notice differences. Know how to improve.	Health and Fitness. Warm up and cool down and knowing why. Know muscle groups. Evaluating & Improving. Explain differences in their work comparing to others. Know how to improve performances.	Health and Fitness. Know why we warm up. Know why we keep fit. Evaluating & Improving. Explain differences in their work and comparing to others. Use comparison to improve.	Health and Fitness. Explain some important safety principles. Explain effect of exercise on the body. Explain why exercise is important. Evaluating & Improving. Compare ideas, techniques and comment on skills used. Use observations to improve.	Health and Fitness. Explain how the body reacts to different kinds of exercise. Choose appropriate warm up and cool downs. Explain the need of regular and safe exercise. Evaluating & Improving. Analyse and explain specific skills or techniques. Modify skills and techniques to improve. Create own success criteria to evaluate.
	Key skills:		Gym. Control and balancing. Roll, travel, stretch and balance in different ways. Orienteering Out door and adventurous challenges	Gymnastics (large apparatus). Plan sequence. Control movement. Follow rules. Work with partner or own. Orienteering. Outdoor and adventurous challenges	Gymnastics Travelling Controlled movements Combination and sequences of jumps/rolls/travel Orienteering Orientate themselves around a course Start to use simple mapping of school playground	Gymnastics Travelling Controlled movements Combination and sequences of jumps/rolls/travel Working at different levels Orienteering Orientate themselves around a course Start to use simple mapping of school playground Use symbols Work in a group	Swimming Learn to swim 10m/ 25 m using a range of strokes Back / breast/ front crawl Jump and simple dive in to the water Treading water Netball Catch with one/ two hands Throw and catch with control and accuracy Keep possession Find/use space effectively	Gymnastics. Combine own work with that of others. Link sequences to timings. Netball Explain complicated rules. Make a team plan and communicate ideas. Take lead in a game. Use tactics and possession in a game.

	Key resource available:		Mats Bean bags Hoops	Larger apparatus Mats	Mats Small/large apparatus Rope Parachute Hoops Site map	Mats Small/large apparatus Rope Parachute Hoops Site map	Swimming pool Netball posts/ court/balls/bibs	Netball posts/court/balls/bibs
Aut 2	Topic focus		Games/ Ball skills	Games/ Ball skills	Dance. Netball	Dance Netball	Swimming Dance	Gymnastics. Basketball
	Key knowledge:		Health and Fitness. Know how their body feels. Evaluating & Improving. Talk and describe to their peers.	Health and Fitness. <i>Exercise safely.</i> <i>Know how their body feels.</i> <i>Know how to keep body healthy.</i> Evaluating & Improving. <i>Notice differences.</i> <i>Know how to improve.</i>	Health and Fitness. <i>Warm up and cool down and knowing why.</i> <i>Know muscle groups.</i> Evaluating & Improving. <i>Explain differences in their work comparing to others.</i> <i>Know how to improve performances.</i>	Health and Fitness. <i>Know why we warm up.</i> <i>Know why we keep fit.</i> Evaluating & Improving. <i>Explain differences in their work and comparing to others.</i> <i>Use comparison to improve.</i>	Health and Fitness. <i>Explain some important safety principles.</i> <i>Explain effect of exercise on the body.</i> <i>Explain why exercise is important.</i> Evaluating & Improving. <i>Compare ideas, techniques and comment on skills used.</i> <i>Use observations to improve.</i>	Health and Fitness. <i>Explain how the body reacts to different kinds of exercise.</i> <i>Choose appropriate warm up and cool downs.</i> <i>Explain the need of regular and safe exercise.</i> Evaluating & Improving. <i>Analyse and explain specific skills or techniques.</i> <i>Modify skills and techniques to improve.</i> <i>Create own success criteria to evaluate.</i>
	Key skills:		Ball Skills. Throw, roll, hit & kick. Bat skills, catch with both hands, throw and kick in different ways.	Ball Skills. Throw, roll, hit & kick. Bat skills, catch with both hands, throw and kick in different ways.	Dance. Improvise freely. Share and create phrases with peers. Repeat, remember and perform phrases in a dance. Netball Catch with one/ two hands Throw and catch with increased control and accuracy Keep possession Awareness of space	Dance Improvise freely. Share and create phrases with peers. Repeat, remember and perform phrases in a dance. Take the lead Dance as a means of communication Netball Catch with one/ two hands Throw and catch with increased control and accuracy Keep possession Finding and using space	Swimming Learn to swim 10m/ 25 m using a range of strokes Back / breast/ front crawl Jump and simple dive in to the water Treading water Dance Compose own dances Perform to music Use expression Controlled movements Dance to show accuracy, fluency and clarity	Gymnastics. Combine own work with that of others. Link sequences to timings. More complex sequences with control and accuracy Full range of actions and movements Basketball Understand rules Make a team plan Execute tactics Analyse performance
	Key resource available:		Bats & balls	Bats and balls	Netball posts Netballs	Netball posts Netballs	Swimming pool Music	Apparatus Basketballs/ posts

Sp1	Topic focus		Dance Games	Dance Games	Gymnastics. Basketball.	Gymnastics. Basketball	Gymnastics Basketball	Hockey Dance.
	Key knowledge:		Health and Fitness. Know how their body feels. Evaluating & Improving. Talk and describe to their peers.	Health and Fitness. <i>Exercise safely.</i> <i>Know how their body feels.</i> <i>Know how to keep body healthy.</i> Evaluating & Improving. <i>Notice differences.</i> <i>Know how to improve.</i>	Health and Fitness. <i>Warm up and cool down and knowing why.</i> <i>Know muscle groups.</i> Evaluating & Improving. <i>Explain differences in their work comparing to others.</i> <i>Know how to improve performances.</i>	Health and Fitness. <i>Know why we warm up.</i> <i>Know why we keep fit.</i> Evaluating & Improving. <i>Explain differences in their work and comparing to others.</i> <i>Use comparison to improve.</i>	Health and Fitness. <i>Explain some important safety principles.</i> <i>Explain effect of exercise on the body.</i> <i>Explain why exercise is important.</i> Evaluating & Improving. <i>Compare ideas, techniques and comment on skills used.</i> <i>Use observations to improve.</i>	Health and Fitness. <i>Explain how the body reacts to different kinds of exercise.</i> <i>Choose appropriate warm up and cool downs.</i> <i>Explain the need of regular and safe exercise.</i> Evaluating & Improving. <i>Analyse and explain specific skills or techniques.</i> <i>Modify skills and techniques to improve.</i> <i>Create own success criteria to evaluate.</i>
	Key skills:		Dance Be aware of basic movements Control and co-ordination of body parts Dance to music Games Range of basic bat and ball skills Work by themselves and partner Control Variations in speed and direction	Dance Dance with imagination Controlled movements Improve co-ordination Start to show mood and feeling Games Range of basic bat and ball skills Work by themselves and partner Control Variations in speed and direction	Gymnastics. Use own ideas. Adapt sequences. Know strength and suppleness. Compare and contrast sequences. Basketball. Throw and catch with control. Awareness of space and team members. Use rules fairly. Keep possession.	Gymnastics. Controlled movements. Vary speed and direction. Follow rules to make a sequence. Create, repeat and improve with partner Basketball. Throw and catch with control. Awareness of space and team members. Use rules fairly. Keep possession. Understand and improve shooting accuracy	Gymnastics Controlled movements. Vary speed and direction. Follow rules to make a specific sequence of movements, shapes and balances Create, repeat and improve with partner Basketball. Throw and catch with control. Awareness of space and team members. Use rules fairly. Keep possession well. Understand and improve shooting accuracy	Hockey Control of stick Accuracy of pass Effective use of space Knowledge of tactics and scoring . Dance. Develop imaginative dances. Choice of own music, style and dance.
	Key resource available:		Range of balls/hoops/beanbags	Range of balls/hoops/beanbags	Range of apparatus/mats Basketball court/balls/posts	Range of apparatus/mats Basketball court/balls/posts	Range of apparatus/mats Basketball court/balls/posts	Hockey sticks Plastic hockey balls Music/hall

Sp2	Topic focus		Tag Rugby. Dance (Line dancing)	Tag Rugby. Dance (Line dancing)	Tag rugby Hockey	Tag rugby Hockey	Outdoor orienteering Hockey	Outdoor orienteering Tag rugby
	Key knowledge:		Health and Fitness. Know how their body feels. Evaluating & Improving. Talk and describe to their peers.	Health and Fitness. <i>Exercise safely.</i> <i>Know how their body feels.</i> <i>Know how to keep body healthy.</i> Evaluating & Improving. <i>Notice differences.</i> <i>Know how to improve.</i>	Health and Fitness. <i>Warm up and cool down and knowing why.</i> <i>Know muscle groups.</i> Evaluating & Improving. <i>Explain differences in their work comparing to others.</i> <i>Know how to improve performances.</i>	Health and Fitness. <i>Know why we warm up.</i> <i>Know why we keep fit.</i> Evaluating & Improving. <i>Explain differences in their work and comparing to others.</i> <i>Use comparison to improve.</i>	Health and Fitness. <i>Explain some important safety principles.</i> <i>Explain effect of exercise on the body.</i> <i>Explain why exercise is important.</i> Evaluating & Improving. <i>Compare ideas, techniques and comment on skills used.</i> <i>Use observations to improve.</i>	Health and Fitness. <i>Explain how the body reacts to different kinds of exercise.</i> <i>Choose appropriate warm up and cool downs.</i> <i>Explain the need of regular and safe exercise.</i> Evaluating & Improving. <i>Analyse and explain specific skills or techniques.</i> <i>Modify skills and techniques to improve.</i> <i>Create own success criteria to evaluate.</i>
	Key skills:		Tag Rugby. Run, pass and catch in a game. Follow rules. Stay in zones and find a space. Use 1 tactic per game. Dance (Line dancing) Dance following teacher Change level, speed and direction. Link sequences of moves	Tag Rugby. Run forwards/ pass backwards in a game. Follow rules. Stay in zones and find a space. Use 1 tactic per game. Dance (Line dancing) Dance following teacher Change level, speed and direction. Link sequences of moves	Tag rugby Run forwards/ pass backwards in a game. Understand rules. Run and pass with confidence Hockey Basic stick control Learn to pass and dribble effectively	Tag rugby Run forwards/ pass backwards in a game. Follow rules. Run and pass with confidence Scoring tries Hockey Basic stick control Learn to pass and dribble effectively Players can make a good pass Basics of scoring Use of space	Outdoor orienteering Orientate themselves around various environments Work effectively in a group Start to use choose strategies effectively Start to find solutions to problems Hockey Effective stick control Learning to keep possession Knowing when to make a pass Start to use tactics with effect	Outdoor orienteering Orientate themselves around a more complex course Work effectively in a group Choose strategies effectively Find solutions to problems Tag rugby Good understanding of rules (running and passing) Good use of space Variation of speed and direction Effective team work/ tactics
	Key resource available:		Dance music Tag rugby belts/ balls	Tag rugby belts/balls Dance music	Hockey sticks/plastic balls Tag rugby equipment	Hockey sticks/plastic balls Tag rugby equipment	Maps/Routes Hockey sticks/balls	Maps and compasses Tag rugby belts and balls

Sum1	Topic focus		Games- indoor and outdoor	Games - indoor and outdoor	Striking/fielding Athletics	Striking/ fielding Athletics	Striking/fielding Athletics	Striking/Fielding Athletics
	Key knowledge:		Health and Fitness. Know how their body feels. Evaluating & Improving. Talk and describe to their peers.	Health and Fitness. <i>Exercise safely.</i> <i>Know how their body feels.</i> <i>Know how to keep body healthy.</i> Evaluating & Improving. <i>Notice differences.</i> <i>Know how to improve.</i>	Health and Fitness. <i>Warm up and cool down and knowing why.</i> <i>Know muscle groups.</i> Evaluating & Improving. <i>Explain differences in their work comparing to others.</i> <i>Know how to improve performances.</i>	Health and Fitness. <i>Know why we warm up.</i> <i>Know why we keep fit.</i> Evaluating & Improving. <i>Explain differences in their work and comparing to others.</i> <i>Use comparison to improve.</i>	Health and Fitness. <i>Explain some important safety principles.</i> <i>Explain effect of exercise on the body.</i> <i>Explain why exercise is important.</i> Evaluating & Improving. <i>Compare ideas, techniques and comment on skills used.</i> <i>Use observations to improve.</i>	Health and Fitness. <i>Explain how the body reacts to different kinds of exercise.</i> <i>Choose appropriate warm up and cool downs.</i> <i>Explain the need of regular and safe exercise.</i> Evaluating & Improving. <i>Analyse and explain specific skills or techniques.</i> <i>Modify skills and techniques to improve.</i> <i>Create own success criteria to evaluate.</i>
	Key skills:		Games outside Developing skills in throwing, rolling, catching, dribbling, using a bat Game Inside Develop balance, agility and co-ordination, and begin to able these in a range of activities (partner/small group)	Games outside Developing skills in throwing, rolling, catching, dribbling, using a bat Game Inside Develop balance, agility and co-ordination, and begin to able these in a range of activities	Striking/fielding Throwing and catching with a degree of accuracy Aiming at a target Types of throws Hitting in to a space Athletics. Run change speed and direction. Link running and jumping with fluency, control and consistency. Throw objects for accuracy and distance.	Striking / fielding Throwing and catching with a degree of accuracy Aiming at a target Types of throws Hitting in to a space Athletics Run change speed and direction. Link running and jumping with fluency, control and consistency. Throw objects for accuracy and distance.	Striking/fielding Throwing and catching with increased degree of accuracy Aiming at a target Types of throws Hitting in to a space Working in a team Athletics Control take-off and landing when jumping. Throw with accuracy. Running short and longer distances	Striking/fielding Throwing and catching with good degree of accuracy Aiming at a target (eg stumps/ posts) Types of throws eg underarm/ overarm Hitting in to a space Fielding skills Athletics Demonstrate stamina. Use skills in different situations (running/ throwing/ jumping) Learn relay race tactics
	Key resource available:		Bats, skipping ropes, balancing bench, stilts, balls, bean bags, hoops etc.	Bats, skipping ropes, balancing bench, stilts, balls, bean bags, hoops etc.	Athletic equipment. Rounders bats Tennis balls	Athletic equipment. Rounders bats Tennis balls	Athletic equipment. Rounders bats Tennis balls	Athletic equipment. Rounders bats Tennis balls
Sum2	Topic focus		Athletics.	Athletics. Tennis	Tennis Athletics	Tennis Athletics	Tennis Athletics	Tennis Athletics
	Key knowledge:		Health and Fitness. Know how their body feels. Evaluating & Improving. Talk and describe to their peers.	Health and Fitness. <i>Exercise safely.</i> <i>Know how their body feels.</i> <i>Know how to keep body healthy.</i> Evaluating & Improving. <i>Notice differences.</i>	Health and Fitness. <i>Warm up and cool down and knowing why.</i> <i>Know muscle groups.</i> Evaluating & Improving.	Health and Fitness. <i>Know why we warm up.</i> <i>Know why we keep fit.</i> Evaluating & Improving.	Health and Fitness. <i>Explain some important safety principles.</i> <i>Explain effect of exercise on the body.</i> <i>Explain why exercise is important.</i>	Health and Fitness. <i>Explain how the body reacts to different kinds of exercise.</i> <i>Choose appropriate warm up and cool downs.</i>

				Know how to improve.	Explain differences in their work comparing to others. Know how to improve performances.	Explain differences in their work and comparing to others. Use comparison to improve.	Evaluating & Improving. Compare ideas, techniques and comment on skills used. Use observations to improve.	Explain the need of regular and safe exercise. Evaluating & Improving. Analyse and explain specific skills or techniques. Modify skills and techniques to improve. Create own success criteria to evaluate.
	Key skills:		Athletics Running in a straight line Running to run at a pace Jump for distance, jump for height Throw accurately	Athletics. Running in a straight line Running to run at a pace Jump for distance, jump for height Throw for accuracy	Athletics Run short and longer distances Maintain stamina Throw and jump in different ways. Hit a target Tennis. Holding racket Basic skills of forehand and backhand Volleys and half volleys	Athletics. Run short and longer distances Maintain stamina Throw and jump in different ways. Hit a target. Taking part in team relays Tennis Holding racket Basic skills of forehand and backhand Volleys and half volleys Starting a rally/ being spacially aware	Athletics Control take-off and landing when jumping. Throw with accuracy. Running at speed/ maintaining pace Jumping for height Tennis Start to understand rules Increased racket control Decision making (shot/space) Scoring	Athletics Control take-off and landing when jumping. Throw with accuracy. Running at speed/ maintaining pace Jumping for height Analyse/ improve own performance Tennis Increased racket control, with good variety of backhand/forehand Serving accurately Keeping a rally going Tactics for winning
	Key resource available:		Athletic equipment.	Athletic equipment.	Athletic equipment. Tennis rackets/balls/nets	Athletic equipment. Tennis rackets/balls/nets	Athletic equipment Tennis rackets/balls/nets	Athletic equipment Tennis rackets/balls/nets