

**P.E skills**

**Key:**

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 **P.E Indoor Focus**

**P.E Outdoor Focus**

**Sports Value**

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|  | **Autumn 1** | **Autumn 2** |
| **Year 1** | **Multi skills**Agility Balance, coordination | **Relax Kids**Mindfulness |
| **Confidence** | **Courage** |
| **Ball skills**Hand and Feet | **Ball Games**Attacking and defending |
| **Team work** | **Self-belief**  |
| **Year 2** | **Multi skills** | **Gymnastics**Strength, flexibly, balance and control |
| **Confidence** | **Courage** |
| **Football FUNdamentals** | **Ball skills**Hand and Feet |
| **Honesty** | **Self-belief** |
| **Year 3** | **Swimming**Range of strokes and water safety | **Swimming**Range of strokes and water safety |
| **Confidence** | **Self-Belief** |
| **Multi skills**Agility Balance, coordination | **OAA****Map and problem solving skills.** |
| **Determination** | **Determination** |
| **Year 4** | **Gymnastics**Strength, flexibly, balance and control | **Relax kids**Mindfulness |
| **Courage** | **Confidence** |
| **Basketball**Attacking and defending | **Tag Rugby**Attacking and defending |
| **Confidence** | **Kindness** |
| **Year 5** | **KDDK Gymnastics**Strength, flexibly, balance and control | **KDDK Dance**Develop a range of movement patterns |
| **Confidence** | **Team work** |
| **Multi skills**Agility Balance, coordination | **Basketball**Attacking and defending |
| **collaboration** | **Kindness** |
| **Year 6** | **KDDK-Gymnastics**Strength, flexibly, balance and control | **KDDK Dance**Jumps, sequences, unisons |
| **Courage** | **Self-belief** |
| **Netball**Attacking and defending | **Hockey**Attacking and defending |
| **Determination** | **Honesty** |