

**P.E skills**

**Key:**

|  |
| --- |
|  |
|  |
|  |

**P.E Indoor Focus**

**P.E Outdoor Focus**

**Sports Value**

|  |  |  |
| --- | --- | --- |
|  | **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** |