

	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Nursery	By the end of Summer 2, Nursery children will have developed their Gross Motor Skills using a PE programme, be able to move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping, be able to mount stairs, steps or climbing equipment using alternate feet, walk downstairs, two feet to each step while carrying a small object, run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles, be able to stand momentarily on one foot when shown and be able to catch a large ball.					
Reception	Multiskills Handling simple tools Spatial awareness	Games Handling simple tools Moving in different ways Throwing and catching	Games Moving in different ways Ball skills Controlling a ball	Gymnastics Jumping and landing Climbing Balancing Travelling	Games/ Athletics Team racing Controlling a ball	Athletics/ Sports Day Team racing Sprints Javelin/ howler Balancing Towers and Bridges
Year 1	Games - Multiskills Take part in competitive games using a range of skills, tactics and language, including: rolling, hitting, running, jumping, catching and kicking, using tactics, using the terms opponent and team-mate and developing leadership skills. Dance - Top Dance: Body Talk Perform dances using a range of skills, including: copying and remembering moves and positions, careful control and coordination, sequences of actions, communicating a mood or idea.	Games - Multiskills Take part in competitive games using a range of skills, tactics and language, including: rolling, hitting, running, jumping, catching and kicking, using tactics, using the terms opponent and team-mate and developing leadership skills. Games - Hockey (Aiming, controlling, sending and receiving games) -Use the terms 'opponent' and 'team-mate'. -Use rolling, hitting, running skills in combination. - Develop tactics. -Lead others when appropriate.	Gymnastics Perform gymnastics pieces, developing a range of skills including: copying and remembering actions, moving with some control and awareness of space, linking two or more actions to make a sequence, showing contrasts (such as small/tall, straight/ curved and wide/narrow), travelling by rolling forwards, backwards and sideways, holding a position whilst balancing on different points of the body, climbing safely on equipment, stretching and curling to develop flexibility, jumping in a variety of ways and landing with increasing control and balance Dance - Top Dance: Weather Forecast Perform dances using a range of skills, including: copying and remembering moves and positions, careful control and coordination, sequences of actions, communicating a mood or idea.	Gymnastics Perform gymnastics pieces, developing a range of skills including: copying and remembering actions, moving with some control and awareness of space, linking two or more actions to make a sequence, showing contrasts (such as small/tall, straight/curved and wide/narrow), travelling by rolling forwards, backwards and sideways, holding a position whilst balancing on different points of the body, climbing safely on equipment, stretching and curling to develop flexibility, jumping in a variety of ways and landing with increasing control and balance Games - Basketball (Aiming, controlling, sending and receiving games) -Use the terms 'opponent' and 'team-mate'. -Use rolling, running, jumping, catching and skills in combination. -Develop tactics. -Lead others when appropriate.	Athletics (Running and walking, Running over objects, Throwing for distance, Throwing for accuracy, Jumping for height / distance) Take part in competitive games using a range of skills, tactics and language, including: rolling, hitting, running, jumping, catching and kicking, using tactics, using the terms opponent and team-mate and developing leadership skills. Dance - Top Dance: Counting on you Perform dances using a range of skills, including: copying and remembering moves and positions, careful control and coordination, sequences of actions, communicating a mood or idea.	Athletics / sports day (Running relay, Hurdles, Javelin / howler, Bean bag target throwing, Long jump Towers and bridges) Take part in competitive games using a range of skills, tactics and language, including: rolling, hitting, running, jumping, catching and kicking, using tactics, using the terms opponent and team-mate and developing leadership skills. Games - Football (Aiming, controlling, sending and receiving games) -Use the terms 'opponent' and 'team-mate'. -Develop tactics. -Lead others when appropriate.
Year 2	Gymnastics - Flight Jumping and landing safely, shapes & balances Apparatus work - jumping on and off, balancing, travelling on floor Using large apparatus -Move with some control and awareness of space. -Link two or more actions to make a sequence. -Show contrasts (such as small/tall, straight/curved and wide/narrow). - Hold a position whilst balancing on different points of the body. -Climb safely on equipment. - Jump in a variety of ways and land with increasing control and balance. Games - Travelling with a ball Using your hands and feet, kicking with partner, striking on own/with a partner Team games -Use the terms 'opponent' and	Games - Throwing and Catching Throwing and catching on owns, in pairs and in groups. Playing team games -Use the terms 'opponent' and 'team-mate'. -Use rolling, hitting, running, jumping, catching and kicking skills in combination. -Develop tactics. -Lead others when appropriate. Dance - Visual Image (Laugh a Minute) Explore different ways of travelling/walking Action and reaction in contest of cartoon characters Explore moods, feelings, ideas of cartoon characters Develop and practise a dance -Copy and remember moves and positions. -Move with careful control and coordination.	Games - Receiving a ball Receiving ball on the spot Moving and receiving with hands/feet Playing team games -Use the terms 'opponent' and 'team-mate'. -Use rolling, hitting, running, jumping, catching and kicking skills in combination. -Develop tactics. -Lead others when appropriate. Gymnastics - Rocking/Rolling Rolling and balancing Apparatus work- rolling on apparatus and balancing Using large apparatus -Copy and remember actions. - Move with some control and awareness of space. -Link two or more actions to make a sequence. -Show contrasts (such as small/tall,	Games - Kicking Co-ordinating and controlling equipment Playing competitive team games -Use the terms 'opponent' and 'team-mate'. -Use rolling, hitting, running, jumping, catching and kicking skills in combination. -Develop tactics. -Lead others when appropriate. Dance(Counting on you) Explore steps linked to English Folk Dance Create movement phrases with a partner Learn teacher taught Dorset ring dance and practise Choose two actions from the dance and perform on two different pathways Perform and appreciate -Copy and remember moves and positions. -Move with careful control and coordination. -Link two or more actions to perform a	Athletics Long/short distance running Jumping Throwing Relay races -Use the terms 'opponent' and 'team-mate'. -Use rolling, hitting, running, jumping, catching and kicking skills in combination. - Develop tactics. -Lead others when appropriate.	Athletics Long/short distance running Jumping Throwing Relay races -Use the terms 'opponent' and 'team-mate'. -Use rolling, hitting, running, jumping, catching and kicking skills in combination. - Develop tactics. -Lead others when appropriate OAA Map work Following simple routes and trails Observe what others have done and use observations to improve their own performance. -Arrive properly equipped for outdoor and adventurous activity. -Understand the need to show accomplishment in managing risks. -Show an ability to both lead and form

	<p>'team-mate'.</p> <ul style="list-style-type: none"> -Use rolling, hitting, running, catching and kicking skills in combination. -Develop tactics. 	<ul style="list-style-type: none"> -Link two or more actions to perform a sequence. -Choose movements to communicate a mood, feeling or idea. 	<p>straight/curved and wide/narrow).</p> <ul style="list-style-type: none"> -Travel by rolling forwards, backwards and sideways. -Hold a position whilst balancing on different points of the body. -Climb safely on equipment. - Stretch and curl to develop flexibility. 	<p>sequence.</p> <ul style="list-style-type: none"> -Choose movements to communicate a mood, feeling or idea. 		<p>part of a team.</p> <ul style="list-style-type: none"> -Support others and seek support if required when the situation dictates. -Show resilience when plans do not work and initiative to try new ways of working. -Use maps, compasses and digital devices to orientate themselves.
<p>Year 3</p>	<p>Games - Basketball</p> <ul style="list-style-type: none"> -Throw and catch with control and accuracy (chest & bounce). -Choose appropriate tactics to cause problems for the opposition (dribbling) -Follow the rules of the game and play fairly. -Pass to team mates at appropriate times. <p>Gymnastics - Travelling & Balancing (low level apparatus)</p> <ul style="list-style-type: none"> - Plan, perform and repeat sequences. -Move in a clear, fluent and expressive manner. -Refine movements into sequences. -Change direction, speed and level. -Travel in a variety of ways. -Balance on small and large body parts (experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape). 	<p>Games - Hockey</p> <ul style="list-style-type: none"> -Strike a ball with control. -Choose appropriate tactics to cause problems for the opposition. -Follow the rules of the game and play fairly. -Maintain possession of a ball (with hockey stick). -Pass to team mates at appropriate times. -Lead others and act as a respectful team member. <p>Dance - The Shadow Poem</p> <ul style="list-style-type: none"> -Plan, perform and repeat sequences. -Refine movements into sequences. -Create dance and movements that convey the 'shadow' theme. -Change speed and levels. -Develop physical strength and suppleness by practising moves and stretching. -Compare, evaluate and improve performance. 	<p>Dance - Roman soldiers, towns, buildings and pastimes</p> <ul style="list-style-type: none"> -Plan, perform and repeat sequences. -Refine movements into sequences. -Create dance and movements that convey the 'Ancient Rome' theme. -Change speed and levels. -Develop physical strength and suppleness by practising moves and stretching. -Compare, evaluate and improve performance. <p>Games - Netball</p> <ul style="list-style-type: none"> -Throw and catch with control and accuracy (shoulder, chest, bounce, overhead) - Choose appropriate tactics to cause problems for the opposition (pivoting, footwork, attacking & defending) -Follow the rules of the game and play fairly. -Maintain possession of a ball (with hands). -Pass to team mates at appropriate times. -Lead others and act as a respectful team member. 	<p>Gymnastics - Jumping, Landing & Twisting/Turning (high & low level apparatus)</p> <ul style="list-style-type: none"> -Plan, perform and repeat sequences. -Move in a clear, fluent and expressive manner. -Refine movements into sequences. -Show changes of direction, speed and level during a performance. -Travel in a variety of ways, including flight, by transferring weight to generate power in movements. -Swing and hang from equipment safely (using hands). -Compare, evaluate and improve performance. <p>Games - Tennis</p> <ul style="list-style-type: none"> - Strike a ball with control. -Choose appropriate tactics to cause problems for the opposition (forehand/backhand passes) -Follow the rules of the game and play fairly (rally, 2v1, 2v3) -Lead others and act as a respectful team member. 	<p>Athletics</p> <ul style="list-style-type: none"> -Sprint over a short distance up to 60 metres. - Run over a longer distance, conserving energy in order to sustain performance. -Use a range of throwing techniques (such as under arm, over arm). - Throw with accuracy to hit a target or cover a distance. -Jump in a number of ways, using a run up where appropriate. -Compete with others and aim to improve personal best performances. <p>Dance (Kaspar & Titanic)</p> <ul style="list-style-type: none"> -Plan, perform and repeat sequences. -Move in a clear, fluent and expressive manner. - Refine movements into sequences. -Create dances and movements linked to the Countess, Johnny, Kapar. -Change speed and levels within a performance. -Develop physical strength and suppleness by practising moves and stretching. -Compare, evaluate and improve performance. 	<p>Athletics</p> <ul style="list-style-type: none"> -Sprint over a short distance up to 60 metres. - Run over a longer distance, conserving energy in order to sustain performance. -Use a range of throwing techniques (such as under arm, over arm). - Throw with accuracy to hit a target or cover a distance. -Jump in a number of ways, using a run up where appropriate. -Compete with others and aim to improve personal best performances. -Perform individually and as part of a team for Sports Day <p>Outdoor and Adventurous Activities (Human knot, Go Fishing, Shapes, Blindfolding - Sheep and Shepherds, Alligators in the Swamp)</p> <ul style="list-style-type: none"> -Understand the need to show accomplishment in managing risks. -Show an ability to both lead and form part of a team. -Support others and seek support if required when the situation dictates. -Show resilience when plans do not work and initiative to try new ways of working. -Use maps to orientate.



<p>Year 4</p>	<p>Dance - Tudor Dance -Plan, perform and repeat sequences using a range of movement patterns. -Move in a clear, fluent and expressive manner using props -Refine movements into sequences. -Create Tudor dances and movements in a small group. -Change speed and levels within a performance. - Develop physical strength and suppleness by practising moves and stretching. -Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Games - Netball -Throw and catch with control and accuracy (shoulder, chest, bounce, overhead). -Choose appropriate tactics to cause problems for the opposition (pivoting, footwork, attacking, defending, shooting) -Follow the rules of the game and play fairly. -Play competitive games. -Maintain possession of a ball. -Pass to team mates at appropriate times. -Lead others and act as a respectful team member.</p>	<p>Gymnastics - Travelling & Balancing, Rolling (low level apparatus) - Plan, perform and repeat sequences. -Move in a clear, fluent and expressive manner. -Refine movements into sequences. -Change direction, speed and level. -Travel in a variety of ways. -Balance on small and large body parts (experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</p> <p>Games - Hockey (Progression from Year 3) -Strike a ball with control (push pass) holding stick correctly. -Choose appropriate tactics to cause problems for the opposition changing speed, direction. -Follow the rules of the game and play fairly. -Maintain possession of a ball (with hockey stick). -Pass to team mates at appropriate times recognising space on pitch.. -Lead others and act as a respectful team member. Play competitive games.</p>	<p>Gymnastics - Travelling, Balancing, Rolling, Jumping (Low and high level apparatus working individually, in pairs) -Plan, perform and repeat sequences. -Move in a clear, fluent and expressive manner. -Refine movements into sequences. -Show changes of direction, speed and level during a performance. -Travel in a variety of ways -Explore balance to create an interesting body shape -Swing and hang from equipment safely (using hands).</p> <p>Outdoors and Adventurous Activities (Map, team problem solving activities, trails & courses activities) -Understand the need to show accomplishment in managing risks. -Show an ability to both lead and form part of a team. -Support others and seek support if required when the situation dictates. -Show resilience when plans do not work and initiative to try new ways of working. -Use maps, compasses and digital devices to orientate themselves. -Remain aware of changing conditions and change plans if necessary.</p>	<p>Games - Tag Rugby -Throw and catch with control and accuracy. -Choose appropriate tactics to cause problems for the opposition (change direction, speed). -Follow the rules of the game and play fairly. -Maintain possession of a ball. -Pass to team mates at appropriate times showing awareness of space. -Lead others and act as a respectful team member. -Play small sided competitive games.</p> <p>Dance - Viking Dance -Develop flexibility, strength, technique, control and balance -Plan, perform and repeat sequences using a range of movement patterns. -Move in a clear, fluent and expressive manner using props. -Refine movements into sequences. -Change speed and levels within a performance. -Develop physical strength and suppleness by practising moves and stretching. -Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Swimming (Crosby Leisure) Children grouped according to swimming ability and confidence. -Swim between 25 and 50 metres unaided. -Use more than one stroke and coordinate breathing as appropriate for the stroke being used. -Coordinate leg and arm movements. -Swim at the surface and below the water.</p> <p>Athletics (Progression from Year 3) -Sprint over a short distance up to 60 metres with and without obstacles. -Run over a longer distance, conserving energy in order to sustain performance. -Use a range of throwing techniques (such as under arm, over arm). -Throw with accuracy to hit a target or cover a distance using bean bags, balls, foam javelin, howler. -Jump in a number of ways, using a run up where appropriate. -Compete with others and aim to improve personal best performances.</p>	<p>Swimming (Crosby Leisure) Children grouped according to swimming ability and confidence. Swim between 25 and 50 metres unaided. Use more than one stroke and coordinate breathing as appropriate for the stroke being used. Coordinate leg and arm movements. Swim at the surface and below the water.</p> <p>Games - Rounders/Cricket (Striking & Fielding) -Throw and catch with control and accuracy including bowling technique. - Strike a ball and field with control. -Choose appropriate tactics to cause problems for the opposition (stance, striking, fielding, running skills). -Follow the rules of the game and play fairly. -Pass to team mates at appropriate times. -Lead others and act as a respectful team member. -Play competitive games.</p>
<p>Year 5</p>	<p>Swimming -Swim over 100 metres unaided. -Use and develop breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming. -Swim fluently with controlled strokes. -Turn efficiently at the end of a length. -Swim over 100 metres unaided -Work towards turning correctly -Swim under water to collect a brick.</p> <p>Gymnastics - Travelling, Shapes & Jumping -Develop flexibility and control through movements. -Create complex and well-executed sequences that include a full range of movements including travelling, shapes, balances, swinging, springing, flight, vaults. -Hold shapes that are strong, fluent and expressive. -Practise and refine the gymnastic techniques used in performances. -Use equipment to vault and to swing (remaining upright).</p>	<p>Swimming -Swim over 100 metres unaided. -Use and develop breast stroke, front crawl and back stroke, ensuring that breathing is correct so as not to interrupt the pattern of swimming. -Swim fluently with controlled strokes. -Turn efficiently at the end of a length. -Swim over 100 metres unaided -Work towards turning correctly -Swim under water to collect a brick.</p> <p>Gymnastics -Jumping, Balancing, Rolling -Create complex and well-executed sequences that include a full range of movements including travelling, balances, swinging, springing, flight, vaults, rotations (forward roll). -Include in a sequence set pieces, choosing the most appropriate linking elements. -Vary speed, direction, level and body rotation during floor performances. -Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). -Compare performances and improve.</p>	<p>Games - Football -Choose and combine techniques in game situations (running, passing, kicking). -Work alone, or with team mates in order to gain points or possession. -Defend and attack tactically by anticipating the direction of play. -Choose the most appropriate tactics for a football game. -Uphold the spirit of fair play and respect in all competitive situations. -Lead others when called upon and act as a good role model within a team.</p> <p>Dance - Greek Dance -Compose creative and imaginative dance sequences. Perform expressively and hold a precise and strong body posture. -Perform and create complex sequences. -Express an idea in original and imaginative ways. -Compare performances and improve.</p>	<p>Tennis -Work alone, or with team mates in order to gain points or possession. -Strike a bowled or volleyed ball with accuracy. -Use and develop forehand and backhand. -Uphold the spirit of fair play and respect the rules of the game.</p> <p>OAA -Select appropriate equipment for outdoor and adventurous activity. -Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. -Embrace both leadership and team roles and gain the commitment and respect of a team. -Quickly assess changing conditions and adapt plans to ensure safety comes first.</p>	<p>Athletics -Sprinting with low hurdles over 60 metres. -Throw accurately and refine performance by analysing technique and body shape. -Show control in take off and landings when jumping. -Compete with others and keep track of personal best performances, setting targets for improvement.</p> <p>Dance (Chinese Dance) -Compose creative and imaginative dance sequences using a stimulus (The Firework Maker's Daughter). -Perform expressively and hold a precise and strong body posture. -Perform and create complex sequences.</p> <p>-Plan to perform with high energy. -Perform complex moves that combine strength and stamina holding and supporting body positions.</p>	<p>Fielding Games (Rounders) -Strike a bowled ball with accuracy. -Field and defend tactically. -Choose the most appropriate tactics for a game. -Uphold the spirit of fair play and respect in all competitive situations. -Lead others when called upon and act as a good role model within a team.</p> <p>Cricket -Strike a bowled ball with accuracy. -Field and defend tactically. -Choose the most appropriate tactics for a game. -Uphold the spirit of fair play and respect in all competitive situations. -Lead others when called upon and act as a good role model within a team.</p>



<p>Year 6</p>	<p>Gymnastics Create complex and well-executed sequences that include a full range of movements including:</p> <ul style="list-style-type: none"> • travelling • balances • swinging • springing • flight • vaults • inversions • rotations • bending, stretching and twisting • gestures • linking skills. <p>• Hold shapes that are strong, fluent and expressive. • Include in a sequence set pieces, choosing the most appropriate linking elements.</p> <p>Outdoor and Adventurous Activities Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. • Embrace both leadership and team roles and gain the commitment and respect of a team. • Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</p>	<p>Rugby Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). Work alone, or with team mates in order to gain points or possession. Field, defend and attack tactically by anticipating the direction of play. Choose the most appropriate tactics for a game.</p> <p>Outdoor and Adventurous Activities Perform expressively and hold a precise and strong body posture. Perform and create complex sequences. Use equipment to vault and to swing (remaining upright). Embrace both leadership and team roles and gain the commitment and respect of a team. Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt. Remain positive even in the most challenging circumstances, rallying others if need be.</p>	<p>Basketball Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role model within a team.</p> <p>Outdoor and Adventurous Activities Perform expressively and hold a precise and strong body posture. Perform and create complex sequences. Use equipment to vault and to swing (remaining upright). Embrace both leadership and team roles and gain the commitment and respect of a team. Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt. Remain positive even in the most challenging circumstances, rallying others if need be.</p>	<p>Gymnastics Create complex and well-executed sequences that include a full range of movements including: travelling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching and twisting, gestures & linking skills. Hold shapes that are strong, fluent and expressive. Include in a sequence set pieces, choosing the most appropriate linking elements. Vary speed, direction, level and body rotation during floor performances. Practise and refine the gymnastic techniques used in performances (listed above). Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). Use equipment to vault and to swing (remaining upright).</p> <p>Outdoor and Adventurous Activities Perform expressively and hold a precise and strong body posture. Perform and create complex sequences. Use equipment to vault and to swing (remaining upright). Embrace both leadership and team roles and gain the commitment and respect of a team. Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt. Remain positive even in the most challenging circumstances, rallying others if need be.</p>	<p>Athletics Combine sprinting with low hurdles over 60 metres. Choose the best place for running over a variety of distances. Throw accurately and refine performance by analysing technique and body shape. Show control in take off and landings when jumping. Compete with others and keep track of personal best performances, setting targets for improvement.</p> <p>Dance Compose creative and imaginative dance sequences. Perform expressively and hold a precise and strong body posture. Perform and create complex sequences. Express an idea in original and imaginative ways. Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</p>	<p>Athletics Combine sprinting with low hurdles over 60 metres. Choose the best place for running over a variety of distances. Throw accurately and refine performance by analysing technique and body shape. Show control in take off and landings when jumping. Compete with others and keep track of personal best performances, setting targets for improvement.</p> <p>Dance Compose creative and imaginative dance sequences. Perform expressively and hold a precise and strong body posture. Perform and create complex sequences. Express an idea in original and imaginative ways. Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</p>
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