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| **PE 2024 – 2025** |
| The National Curriculum guidance is detailed below:  **KS1**  Pupils should be taught to:   * master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities * participate in team games, developing simple tactics for attacking and defending * perform dances using simple movement patterns   **KS2**  Pupils should be taught to:   * use running, jumping, throwing and catching in isolation and in combination * play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending * develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] * perform dances using a range of movement patterns * take part in outdoor and adventurous activity challenges both individually and within a team * compare their performances with previous ones and demonstrate improvement to achieve their personal best.   **Swimming and water safety**  In particular, pupils should be taught to:   * swim competently, confidently and proficiently over a distance of at least 25 metres * use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] * perform safe self-rescue in different water-based situations. |

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|  |  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Year 1 | Sport | Orienteering | Games | Games | Games | Handball | Forest Schools |
| Skills | Teamwork | Throw and Catch | Ball skills | Balance and Agility | Attacking and Defending | OAA  Forest School |
| Sport | Gymnastics | Gymnastics | Games | Games | Games | Handball |
| Skills | Balance and agility | Performance | Exploring space | Sequence and performance | Running and jumping | Running and jumping  Balance and Agility  Throwing |
| Year 2 | Sport | Orienteering | Games | Games | Dodgeball | Tag Rugby | Forest Schools |
| Skills | Teamwork | Object control | Ball skills | Target Sports | Attacking and Defending | OAA  Forest School |
| Sport | Gymnastics | Gymnastics | Dance | Dance | Athletics | Fitness |
| Skills | Mirroring and balancing | Sequence and performance | Balance and agility | Performance | Running and jumping | Running and jumping  Balance and Agility  Throwing |
| Year 3 | Sport | Orienteering | Team Games | Football | Tennis | Athletics | Cricket |
| Skills | Teamwork | Competition  Teamwork | Attacking and Defending | Competition  Net/wall | Running and jumping  Balance and Agility  Throwing  Competition | Competition  Striking and fielding |
| Sport | Fitness | Gymnastics | Gymnastics | Bench ball | Dance | Dance |
| Skills | Running and jumping  Balance and Agility  Throwing  Strength  Flexibility | Jumping and landing | Sequence and Performance | Invasion games  Throwing and catching | perform dances using a range of movement patterns | perform dances using a range of movement patterns |
| Year 4 | Sport | Orienteering | Team Games | Football | Tennis | Athletics | Cricket |
| Skills | Teamwork | Competition  Teamwork | Attacking and Defending | Competition  Net/wall | Running and jumping  Balance and Agility  Throwing  Competition | Competition  Striking and fielding |
| Sport | Fitness | Gymnastics | Gymnastics | Bench ball | Dance | Dance |
| Skills | Running and jumping  Balance and Agility  Throwing  Strength  Flexibility | Jumping and landing | Sequence and Performance | Invasion games  Throwing and catching | perform dances using a range of movement patterns | perform dances using a range of movement patterns |
| Year 5 | Sport | OAA | Hockey | Golf | Badminton | Sports Leaders | Rounders |
| Skills | Teamwork | Attacking and Defending | compare their performances with previous ones and demonstrate improvement to achieve their personal best. | Competition  Net/wall | Teamwork and Leadership | Competition  Striking and fielding |
| Sport | Gymnastics | Gymnastics | Dance | Dance | Athletics | Fitness |
| Skills | Advanced Agility | Sequence and Performance | perform dances using a range of movement patterns | perform dances using a range of movement patterns | Running and jumping  Balance and Agility  Throwing  Competition | Running and jumping  Balance and Agility  Throwing  Strength  Flexibility |
| Year 6 | Sport | OAA | Hockey | Golf | Fitness | Athletics | Rounders |
| Skills | Teamwork | Attacking and Defending | compare their performances with previous ones and demonstrate improvement to achieve their personal best. | Running and jumping  Balance and Agility  Throwing  Strength  Flexibility | Running and jumping  Balance and Agility  Throwing  Competition | Competition  Striking and fielding |
| Sport | Gymnastics | Dance | Dance | Swimming | Swimming | Swimming |
| Skills | Sequence and Performance | perform dances using a range of movement patterns | perform dances using a range of movement patterns | * swim competently, confidently and proficiently over a distance of at least 25 metres * use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] * perform safe self-rescue in different water-based situations. | | |