

| PE | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--------|--|--|---|------------------------|--------------------------------------|-----------------------|
| N | Fine motor skill | Gymnastics – traveling, stopping and making shapes | Locomotion | Stability | Athletics | Personal challenges |
| R | Fundamental movement skills | Gymnastics – Flight-bouncing, jumping and landing | Dance – Nursery Rhymes | Locomotion | Target games | Athletics |
| Year 1 | Fundamental movement skills | Gymnastics – Wide, narrow & curled rolling & balancing | Gymnastics – Balancing & spinning on points | Dance | Target games | Athletics |
| | Locomotion | Yoga | Invasion games | Net & Wall Game skills | Tri golf | Striking and fielding |
| Year 2 | Fundamental movement skills | Gymnastics – stretching, curling & arching | Fundamental movement skills | Dance | Target games | Invasion games |
| | Personal challenges | Yoga | Gymnastics – pathways, straight, zigzag & curving | Net & wall game skills | Outdoor Adventurous Activities - OAA | Athletics |
| Year 3 | Hockey | Gymnastics – Linking movements together | Basketball | Dance | Athletics | Invasion Game Skills |
| | Football | Health related fitness | Tennis | Netball | Cricket | Rounders |
| Year 4 | Hockey | Gymnastics – Rolling & travelling low | Netball | Basketball | Athletics | Tennis |
| | Football | Tag Rugby | Cricket | Dance | Health related fitness | Rounders |
| Year 5 | Football | Gymnastics – Synchronisation & canon | Netball | Cricket | Athletics | Rounders |
| | Tag Rugby Swimming | Hockey | Basketball | Dance | Tennis | OAA |
| Year 6 | Football | Gymnastics – Group sequencing | Netball/Cricket | Tennis/ Cricket | Athletics | Rounders |
| | Tag Rugby Swimming | Hockey | Basketball | Dance | Netball | OAA |