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| **Year Group** | **Autumn 1**  **Lesson 1** | **Autumn 1**  **Lesson 2** | **Autumn 2**  **Lesson 1** | **Autumn 2**  **Lesson 2** | **Spring 1**  **Lesson 1** | **Spring 1 Lesson 2** | **Spring 2**  **Lesson 1** | **Spring 2 Lesson 2** | **Summer 1**  **Lesson 1** | **Summer 1**  **Lesson 2** | **Summer 2**  **Lesson 1** | **Summer 2**  **Lesson 2** |
| **EYFS** |  | Real P.E. - Personal |  | Real P.E. – Social |  | Real P.E.  Cognitive |  | Real P.E.  Creative | Athletics | Real P.E.  Fitness |  | Real P.E.  Physical |
| **1** | Gymnastics | Real P.E. - Personal | Dance - nativity/ toy themed | Real P.E. – Social | Team Games | Real P.E.  Cognitive | Yoga | Real P.E.  Creative | Athletics | Real P.E.  Fitness | Tennis | Real P.E.  Physical |
| **2** | Team Games | Real P.E. - Personal | Gymnastics | Real P.E. - Social | Dance | Real P.E.  Cognitive | Team Games | Real P.E.  Creative | Athletics | Real P.E.  Fitness | Striking and fielding | Real P.E.  Physical |
| **3** | OAA | Real P.E. - Personal | Gym | Real P.E. - Social | Swimming | Real P.E. Cognitive | Swimming | Real P.E.  Creative | Athletics skills | Real P.E.  Fitness | Team Games  *Understanding the concepts of team games NOT sport specific* | Real P.E.  Physical |
| **4** | Swimming | Real P.E. - Personal | Swimming | dance | Tri Golf | Real P.E Cognitive | Team Games  *Understanding the concepts MUST include Tag Rugby* | Real P.E.  Creative | Athletics Skills | Real P.E. Fitness | Striking and fielding | Real P.E.  Physical |
| **5** | OAA | Real P.E –  Cognitive | Dance/  gym | Real P.E –  Creative | Dance/  gym | Real P.E –  Social | Invasion Games (Choose from list below) | Real P.E –  Physical | Swimming | Athletics | Swimming | Real P.E Personal |
| **6** | Indoor athletics | Real P.E –  Cognitive | Dance/  gym | Real P.E –  Social | Dance/  gym | Real P.E –  Creative | Net/Wall | Real P.E –  Physical | Athletics up to Sports day  Striking and fielding | Real P.E –  Fitness | Invasion Games (Choose from list below) | Swimming |

**Invasion games:** Tag rugby, netball, handball, Frisbee, football, hockey and basketball.

**Key stage 1 National Curriculum**

* 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.

**Key Stage 2 National Curriculum**

* 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:

* 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.