

Subject Name:	Sub strand	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
PE	Multi skills	Balancing Moving Agility Throwing Ball Body Team	Jump Hop Run Skip Gallop Balance Throw Move Dribbling	Sprint Run Skip Gallop Balance Dribbling Control Coordination	Agility Balance Coordination Direction Action Movement Travel Move Throw Catch Roll	Agility Balance Coordination Throwing Direction change Speed Dribbling Actions Combination Travel Personal Best	Measure Record Coordinating Accuracy Efficiency Technique	Measure Record Technique Fluency Coordinating Speed Dribbling Balance Consistency Combination Motivation
	Indoor athletics	Throw Catch Jump Hop Bounce Skip	Throw Catch Jump Hop Bounce Skip Kick Leap	Throw Catch Flip Twist Hop Bounce Double jump	Chest push Coordinate Jump Test Measure Record Strides	Jump Long jump Coordinate Test Measure Record Speed bounce Balance Sprinting	Strides Triple jump Javelin throw Control Measure Record Throw Bounce Balance	Triple jump Javelin Throw Measure Test Bounce Balance Hop Skip Power
	Fitness	Hop Bounce Jump Skip Lunge	Jump Run Skip Lunge Hop Burpee	Star jump Jog Skip Lunge Burpee Plank Hop	Personal Best Jump Press up Footwork Squat Lunge Star jump Mountain-climbers	Jumps Forward Jog Quarter Squat Lunge March Lateral step Plank	Double jump X-Jack Squat Lunge Star jump Shuttle runs Step ups Rebound push ups	Double jump X-Jack Squat Speed Quarter squat Lunge Press ups Shuttle runs Plank

					Hop Plank Press up Burpee	Burpee	Plank Burpee Spotty dog	Burpee Spotty dog
Swimming					Stroke Breast stroke Safety Sliding Breathing Techniques Float Crawl	Stroke Breast stroke Front crawl Back crawl Float Kick Breathing Techniques Safety		
Football					Sole Pass Accuracy Dribble Turn Tackle Kick Stationary Rules			Sole Inside and outside Pass Accuracy Speed Control Defender Intercept Angles Tactics
Dance	Moving Time Actions Levels	Movements Timing Beat Coordination Levels Jumping Turning	Movements Timing Beat Control Variety of levels Turning	Space Direction Levels Canon Control Unison Formations	Spacial awareness Weaving Levels Directions Control Fluency	Collaborate Patterns Cooperate Timing Movement	Collaborate Patterns Cooperate Rhythm and timing	

			Gesturing	Moving		Unison Formations		
Ball games	Ball Feet Kick Throw Dribble Control Bounce Catch		Ball Sole Feet Kick Dribble Control Target Throw Catch Bounce Defender	Ball Sole Feet Outside Pass Accuracy Direction Control Target Throw Catch Bounce Defender				
Jungle Yoga			Yoga Strong Position Rest Focus Pose Flexibility Perform	Yoga Strong Confidence Position Relax Focus Pose Strength Control				
Outdoor adventure (OAA)					Peers Challenge Individual Jump Achieve Orienteering			Collaborate Activity Challenge Target Communication Teamwork

								Achieve Peers Orienteering
	Netball					Ball Receive Elbows Stride Control Pivot Balance Control Dodge Space		
	Gymnastics	Shape Space Jump Roll Moon roll Moving Sliding Rolling Stretching		Space Shape Control Apparatus Jump Pointed toes Star roll Bunny hop Sequence	Rocket jump Tension Teddy bear roll Matching Mirroring Balance	Rocket jump Tension Sequence Teddy bear roll Precision Control Fluency Matching Mirroring Balance Levels	Complex shapes Flexibility Complex jumps Side star roll Perform T roll Balance Squat Apparatus Hurdle Sequence Cooperate Collaborate Communicate	Perform Complex shapes Sequences Flexibility Tuck Pike Leap Scissor kick Cat leap Apparatus Hurdle Springboard

	Tag Rugby							Tag Dodge Speed Situation Pass Receive Avoid Competitive Defenders Try
	Quicksticks				Dribble Stick Pass Distance Control Tackle Safely Score Stationary Rules Fair		Dribbling Directions Perform Pass Control Accuracy Power Defend Opponent Moving Hit Attacking	
	Tennis			Throw Catch Ball Target Balance Control Racket Forehand Backhand Position Moving			Move Hit Ball Control Bounce Moving Position Forehand Backhand Diagonally Underarm	

				Control			Overarm Serve	
	Basketball							Dribble Change direction Control Stride Perform Jump Pivot Pass Static ball Bend Defensive Possession Intercept BEEF shooting technique Offensive Defensive
	Dodgeball							
	Rounders				Ball Control Throw Underarm Overarm Accuracy Scatterball Bowler			Aerobic Rounders Batter Bowler Hit Direction Run Posts

					Batter Area Bowl			Bowl Fielders
	Kwik cricket					Roll Ball Barrier Throw Catch Wicket Bowl Overarm Underarm Control Accuracy Bat Communication		
	Leadership							Communicate Leader Space Equipment Lead Support Confidence Participants Teams Organise
	Athletics	Marching Running Coordination Under/over arm Jumping	Running Pumping Speeds Accuracy Bending knees	Running Patterns Throw Jumping Technique	FAST technique Javelin Vortex Stance	FAST technique Sprinting Javelin Vortex	Reactions Accelerate Javelin Vortex Tennis ball	Accelerate Speed Control Movement Competitive

		Measuring Team	Competitive Cooperate	Score Obstacle Performance	Rotating Triple jump Relay Obstacles	Triple jump Control Partner Baton Relay Hurdles Speed	Stance Rotation Perform Pace Relay Baton	Throw Javelin Vortex Shot put Techniques Performance Running Pace Relay Baton
	First PE	Moving Space Speed Direction Walk Control Pushing Patting Throwing Kicking Catching						