

Nursery	Autumn 1	Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PE Focus	Outdoor EYC Gym EYC	Outdoor EYC	Dance EYC	Outdoor EYC	Gym EYC	Outdoor EYC	Dance EYC	Outdoor EYC	Gym EYC	Outdoor EYC	Dance EYC
PE Knowledge	Move, spatial awareness & climb	Move, spatial awareness & climb		Move, spatial awareness & climb		Move, spatial awareness & climb		Move, spatial awareness & climb		Move, spatial awareness & climb	
and skills	Balancing, core & transferring	Movement, rhythm & pattern		Balancing, core & transferring		Movement, rhythm & pattern		Balancing, core & transferring		Movement, rhythm & pattern	
Reception	Autumn 1	Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PE Focus	Yoga Team Games	Moving & Hand	Balancing	Dance	Throw/Catch	Mov/Hand	Gymnastics	Team Games	Gymnastics	Sports day	Dance
PE Knowledge	Stretch, balance & pose	Sending, receiving & movement		Movement, rhythm & pattern		Sending, receiving & movement		Teamwork, & spatial awareness		Running, jumping & throwing.	
and skills	Teamwork, & spatial awareness	Balancing, core & transferring		Aim, sending & receiving		Balancing, core & transferring		Balancing, core & transferring		Movement, rhythm & pattern	
Year 1	Autumn 1	Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PE Focus	Invasion Yoga	Ball skills	Dance	Gymnastics	Team Games	Invasion	Dance	Stri/Field	Athletics	Ath/OAA*	Gymnastics
PE Knowledge	Tactics, attacking & defending	Sending, receivir	•	Balancing, core	•		ng & defending	•	g and receiving.	-	
and skills	Stretch, balance & pose	Movement, rhythm & pattern		Teamwork, & spatial awareness		Movement, rhythm & pattern		Running, jumping & throwing.		Balancing, core & transferring	
Year 2	Autumn 1	Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PE Focus	Team skills Indoor Ath	Dance	Team games	Invasion	Gymnastics	Invasion	Dance	Athletics	Stri/Field	Gymnastics	Ath/OAA
PE Knowledge	Teamwork, & spatial awareness	Movement, rhyt	hm & pattern	Tactics, attacki	ng & defending	Tactics, attacki	ng & defending	Running, jumpi	ng & throwing.	Balancing, core & transferring	
and skills	Running, jumping & throwing.	Teamwork, & spatial awareness		Balancing, core & transferring		Movement, rhythm & pattern		Striking, sending and receiving.		Communication & endurance	
Year 3	Autumn 1	Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PE Focus	Gymnastics Invasion	Invasion	Dance	Stri/Field	Gymnastics	Invasion	Swimming	Athletics	Swimming	Ath/OAA	Swimming
PE Knowledge	Balancing, core & transferring	Tactics, attacking & defending		Striking, sending and receiving.		Tactics, attacking & defending		Running, jumping & throwing.		Communication & endurance	
and skills	Tactics, attacking & defending	Movement, rhythm & pattern		Balancing, core & transferring		Propulsion and floatation of body		Propulsion and floatation of body		Propulsion and floatation of body	
Year 4	Autumn 1	Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PE Focus	Invasion Swimming	Dance	Swimming	Gymnastics	Swimming	Invasion	Gymnastics	Stri/Field	Net games	Ath/OAA	Net games
PE Knowledge	Tactics, attacking & defending	Movement, rhyt	hm & pattern	Balancing, core	& transferring	Tactics, attacki	ng & defending	Striking, sendin	g and receiving.	Communication & endurance	
and skills	Propulsion and floatation of body	Propulsion and floatation of body		Propulsion and floatation of body		Balancing, core & transferring		Forehand, backhand & serve.		Forehand, backhand & serve.	
Year 5	Autumn 1	Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PE Focus	Invasion Swimming	Dance	Swimming	Gymnastics	Swimming	Invasion	Gymnastics	Stri/Field	Net games	Ath/OAA	Net games
PE Knowledge	Tactics, attacking & defending	Movement, rhyt	hm & pattern	Balancing, core	& transferring	Tactics, attacki	ng & defending	Striking, sendin	g and receiving.	Communication 8	k endurance
and skills	Propulsion and floatation of body	Propulsion and floatation of body		Propulsion and floatation of body		Balancing, core & transferring		Forehand, backhand & serve.		Forehand, backhand & serve.	
Year 6	Autumn 1	Autumn 1 Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
PE Focus	Gymnastics Invasion	Dance	Invasion	Gymnastics	Stri/Field	Stri/Field	Swimming	Athletics	Swimming	Ath/OAA	Swimming
PE Knowledge	Balancing, core & transferring	Movement, rhyt	hm & pattern	Balancing, core & transferring		Striking, sending and receiving.		Running, jumping & throwing.		Communication & endurance	
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Invasion sports- Netball, hockey, basketball, tag rugby & football Striking and fielding sports- Baseball, cricket & rounders Net sports (racquet sports)- Tennis, badminton & volleyball. *OAA- Outdoor adventure activities

National Curriculum 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.

National Curriculum 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.

National curriculum swimming- 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.

