

CYCLE A: Bee Active	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 1	SUMMER 1	SUMMER 2
	Health related fitness	Outdoor Adventure	Invasion Games	Sports leaders	Athletics Field	Team Games
NURS/ REC	Throwing and Catching Throwing and Catching [Gross motor skills]	Den Building Communication [Building relationships]	Me and Myself Gross motor skills [Managing self]	Playground Games Communication [Building relationships]	Movement Development Spatial Awareness [Gross motor skills]	Fitness Gross motor skills [Gross motor skills]
YEAR 1 / 2	Systems In Your Body- Breathing techniques [Knowledge & understanding of health & fitness]	Active Travel Scooters Skills [Develop confidence]	Netball Throwing and Catching [Develop fundamental movement skills]	St Chad's Values in PE Communication and teamwork [Develop character and values]	Athletics Jumping for Distance [Develop fundamental movement skills]	Team Games Compete against others [Develop simple tactics for attack]
Year 3 / 4	Fitness Power and Endurance [Develop strength]	Team building Orienteering and team building [Take part in outdoor and adventurous challenges both individually and in a team]	Netball Creating Space to Receive [Develop a broader range of skills]	Be the Teacher! Active Listening Skills [Enjoy communicating with each other]	Triple Jump Using Video Technology to Improve Performance [Compare and improve performances to achieve their personal best]	Intra-Class Tournaments Apply specific skills in competitive situations. [Enjoy competing with each other]
Year 5/6	Self-Care Thoughtful exercise and Stretching [Develop flexibility]	Bushcraft Skills Communication and planning [Enjoy collaborating with each other]	Hockey Pass, Dribble or Shoot in a Game Situation .[Apply a broader range of skills]	Mr Bee's Bootcamp Resilience and perseverance [Enjoy communicating with each other]	Shot Putt Push Throw [Compare and improve performances to achieve their personal best]	Intra-Class Tournaments Attacking [Principles of attack]

Key

Theme/sport Skill

National curriculum coverage