

		Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
		Health Related Fitness	Invasion Games	Outdoor & Adventure	Dance/Gymnastics	Invasion Games	Dance/Gymnastics	Sports Leaders	Net and Wall	Athletics Field	Athletics Track/Striking and fielding	Team Games/Gymnastics apparatus	Athletics/Striking and Fielding
EVFS	Cycle A	Throwing and Catching Throwing and catching (Gross motor skills) PEP: Foundation   throwing and catching		Den Building Communication (Building relationships)		Me and Myself Gross Motor skills (Managing self) PEP: Foundation   me and myself		Playground Games Communication (Building relationships) PEP: Foundation  fun and games		Movement Development Spatial Awareness (Gross motor skills) PEP: Foundation  movement development		Fitness Gross Motor skills (Gross motor skills) PEP: Foundation   fitness	
	Cycle B	Ball Skills Handling and Control (Fine motor skills) PEP: Foundation   ball skills		Dance Creative movement (Coordination) PEP: Foundation   dance		Twist, Bend and Extend Shapes and Balances (Coordination & Balance) PEP: foundation  movement development		Treasure hunt Basic map skills (Building relationships)		Fitness Stopping, Starting & Changing Speed (Agility) PEP: Foundation  Fitness		Fun Games Direction and space awareness (Gross motor skills) PEP: Foundation   fun and games	
KS1	Cycle A	Systems in Your Body Breathing techniques (Knowledge & understanding of health & fitness)	Handball ball control (Develop fundamental movement skills) PEP: Year 1   handball	Active Travel Scooter Skills (Develop confidence)	Dance Movement patterns (Perform dances using simple movement patterns) PEP: Year 1   dance	Netball Opposed Throwing and Catching (Develop fundamental movement skills) PEP: Year 1   Netball	Dance Movement patterns (Perform dances using simple movement patterns) PEP: Year 2   dance	Character & Values St Chad's Values in PE (Develop character and values)	Dodgeball Throwing & Catching (Apply skills to a range of activities) PEP: Year 1   dodgeball	Athletics Jumping for Distance (Develop fundamental movement skills)	Athletics Coordination and movement (Develop fundamental movement skills) PEP: Year 1  Athletics	Team Games Compete against others (Develop simple tactics for attack)	Athletics Running, Jumping and Throwing (Develop fundamental movement skills) PEP: Year 2  Athletics
	Cycle B	Fitness Understanding The Effects of Exercise (Knowledge & understanding of health & fitness) PEP: Year 2  fitness	Football Developing control (Develop fundamental movement skills) PEP: Year 2   football	Team Building & Problem Solving Skills Communication (Working individually and with others)	Gymnastics Agility and balance (Develop agility, balance and coordination). PEP: Year 1   Gymnastics	Multi Skills Opposed Throwing and Catching (Develop fundamental movement skills) PEP: Year 2   handball	Gymnastics Travelling and linking shapes (Develop agility, balance and coordination) PEP: Year 1  Gymnastics PEP: Year 2  Gymnastics	Paralympic, Olympic & British Values Teamwork (Develop character and values)	Volleyball Throwing and catching (Develop technique and control) PEP: Year 2   volleyball	Athletics Jumping for Height (Develop fundamental movement skills)	Cricket Ball control (Develop fundamental movement skills) PEP: Year 1  cricket	Gymnastics Simple sequence patterns (Master basic movements)	Rounders Striking (Develop fundamental movement skills) PEP: Year 2  rounders
LKS2	Cycle A	Fitness Power and Endurance (Develop strength) PEP: Year 3  fitness	Netball Blocking marking, receiving and sending (Develop a broader range of skills) PEP: Year 3  netball	Team building Orienteering and team building (Take part in outdoor and adventurous challenges both individually and in a team)	Dance Varied movement patterns (Perform dances using a range of movement patterns) PEP: Year 3   dance	Netball Creating Space to Receive (Develop a broader range of skills) PEP: Year 4  Netball	Dance Varied movement patterns (Perform dances using a range of movement patterns) PEP: Year 4   dance	Be the Teacher! Active Listening Skills (Enjoy communicating with each other)	Dodgeball Aiming and dodging (Enjoy collaborating with each other)	Athletics Triple Jump - Video Technology to Improve Performance (Compare and improve performances to achieve their personal best)	Athletics Running, sprinting, jumping and throwing (Compare and improve performances with previous ones to achieve their personal best) PEP: Year 3  Athletics	Intra-Class Tournaments Apply specific skills in competitive situations (Enjoy competing with each other)	Athletics Running, sprinting, jumping and throwing (Use skills in isolation and combination) PEP: Year 4  Athletics
	Cycle B	Benefits of Physical Activity Bodyweight Exercises (Compare and improve performances with previous ones to achieve their personal best)	Football Blocking, marking, receiving and sending (Develop a broader range of skills) PEP: Year 4   football	Archery Archery Skills (Take part in outdoor and adventurous challenges both individually and in a team) (Enjoy collaborating with each other)	Gymnastics Creating sequences of movement (Develop balance) PEP: Year 3  Gymnastics	Basketball Passing and Shooting (Develop a broader range of skills) PEP: Year 4   basketball	Gymnastics Balances (Develop balance) PEP: Year 4   Gymnastics	Inclusive Sports Boccia, New Age Kurling and or Disability-adapted Sports (Enjoy communicating with each other)	Tennis Cooperative Rallies (Develop technique and control) PEP: Year 4   tennis	Javelin Pull Throw (Use skills in isolation and combination)	Cricket Striking (Develop a broader range of skills) PEP: Year 3  cricket	Gymnastics Balancing and Travelling (Develop flexibility, control and balance)	Rounders Striking (Develop a broader range of skills) PEP: Year 4  rounders
UKS2	Cycle A	Self Care Thoughtful exercise and stretching (Develop flexibility)	Football Attacking and defending (Apply a broader range of skills) PEP: Year 5   football	Bushcraft Skills Communication and planning (Take part in outdoor and adventurous challenges both individually and in a team) (Enjoy collaborating with each other)	Dance Performance of a Dance (Perform dances using a range of movement patterns) PEP: Year 5   dance	Hockey Pass, Dribble or Shoot in a Game Situation (Apply a broader range of skills) PEP: Year 5   hockey	Dance Performance Using a Range of Formations (Perform dances using a range of movement patterns) PEP: Year 6   dance	Mr Bee's Bootcamp Resilience and Perseverance (Enjoy communicating with each other) PEP: Year 5  fitness	Tennis Cooperation and targetting (Develop technique and control) PEP: Year 5   tennis	Shot Putt Push Throw (Compare and improve performances to achieve their personal best)	Athletics Running for speed and distance (Evaluate and recognise their own success) PEP: Year 5  Athletics	Intra-Class Tournaments Attacking (Principles of attack)	Athletics Passing and communicating (Enjoy competing with each other) PEP: Year 6  Athletics
	Cycle B	Body Builders Strength, Power and Endurance (Compare and improve performances with previous ones to achieve their personal best) PEP: Year 6  fitness	Tag Rugby Attacking (Apply a broader range of skills) PEP: Year 5   tag rugby	Orienteering Planning and map reading (Take part in outdoor and adventurous challenges both individually and in a team) (Enjoy collaborating with each other)	Gymnastics Adapting level and speed (Link skills to make actions and sequences of movement). PEP: Year 5   Gymnastics	Netball Selecting and Applying Appropriate Throws in a Game Situation (Apply a broader range of skills) PEP: Year 6   Netball	Gymnastics Level, speed and direction (Link skills to make actions and sequences of movement) PEP: Year 6   Gymnastics	Sports Leaders UK Playmakers Award Leadership and communication (Enjoy communicating with each other)	Badminton Cooperation and targeting (Develop technique and control) PEP: Year 5   badminton	Discuss Sling Throw (Evaluate and recognise their own success)	Cricket Bowling, fielding and batting (Apply a broader range of skills) PEP: Year 5  cricket	Gymnastics Dynamic in complex sequences (Develop flexibility, control and balance)	Rounders Strike with an Implement (Apply a broader range of skills) PEP: Year 6  rounders