

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	Striking and Fielding	Athletics
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]	Rounders Control and Movement [Apply skills to a range of activities]	Athletics Coordination and movement [Develop fundamental movement skills]
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]	Rounders Ball skills [Use skills in isolation and in combination]	Athletics Use video technology to improve performance [Compare and improve performances]
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]	Rounders Bowling, fielding and batting [Develop technique and control]	Athletics Coordination and Movement [Compare and improve performances]

Key

Theme/sport Skill

National curriculum coverage