|  |
| --- |
| M:\Year 6 Planning\Parent Meeting\Logo.pngM:\Year 6 Planning\Parent Meeting\Logo.pngPESubject Headlines2020 - 2021 |
|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Reception | **Gross Motor Skills**Hand- eye coordination, experiment with movement and travelling  | **Gross Motor Skills**Hand- eye coordination, experiment with movement and balancing  | **Gymnastics**Develop confidence in movement and balance | **Gymnastics**Upper body strength, control and movement | **Athletics**Throwing, jumping, running, catching, hopping and skipping | **Athletics**Throwing, jumping, running, catching, hopping and skipping |
| Year 1 | **Multi – Sports**Throwing and catching large balls | **Dance**Developing balance, agility and coordination  | **Gymnastics**Developing balance, agility and coordination | **Racket and Ball Skills**Throwing, catching and hitting with large balls | **Athletics**Introduction to team games | **Athletics**Running, jumping, target throwing and catching |
| Year 2 | **Multi – Sports**Throwing and catching small balls | **Dance**Developing balance, agility and coordination | **Gymnastics** Developing balance, agility and coordination | **Racket and Ball Skills**Throwing, catching and hitting with small balls | **Athletics**Continuing team games | **Athletics**Running, jumping, target throwing and catching |
| Year 3 | **Hockey**Holding and dribbling with a hockey stick | **Gymnastics**Balancing and movement  | **Dance**Creating sequences  | **Netball**Different passes and shooting | **Striking and Fielding**Throwing, catching ad hitting a range of equipment | **Athletics**Running (team and individual), throwing, jumping |
| Year 4 | **Netball**Attacking and defending, understanding the rules | **Gymnastics**Different types of rolls (Introduce forward roll) | **Swimming**Swim at least 10m | **Swimming**Swim at least 10m | **Badminton**Serving and footwork | **Athletics**Running (team and individual), throwing, jumping |
| Year 5 | **Dance**Linking sequences together, movements to create a dance | **Gymnastics**Sequence of gallops and leaps | **Tag Rugby**Passing the ball and understanding how to tag | **Hockey**Hitting and shooting with a hockey stick | **Cricket**Strike a ball with a cricket bat for accuracy and distance | **Athletics**Running (team and individual), throwing, jumping |
| Year 6 | **Tag Rugby**Attacking and defending, rules of the game | **Hockey**Attacking and defending, rules of the game | **Gymnastics**Develop flexibility, strength, balance, technique and control | **Basketball**Passing, dribbling and shooting | **Cricket**Strike a ball with a cricket bat for accuracy and distance | **Athletics**Running (team and individual), throwing, jumping |