



PE

Subject Headlines



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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 and hitting a range of equipment	Athletics Running (team and individual), throwing, jumping
Year 4	Gymnastics Different types of rolls (Introduce forward roll)	Badminton Serving and footwork	Tag Rugby Passing the ball and understanding how to tag	Hockey Hitting and shooting with a hockey stick	Striking and Fielding Attacking and defending, understanding the rules	Athletics Running (team and individual), throwing, jumping
Year 5	Dance Linking sequences together, movements to create a dance	Hockey Attacking and defending, rules of the game	Football Dribbling a ball around cones	Tennis Show control in their movements.	Swimming Swim at least 10m Cricket Strike a ball with a cricket bat for accuracy and distance	Swimming Swim at least 10m
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