

Foundation

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Real PE	Unit 1- personal	Unit 2 Social	Unit 3- Cognitive	Unit 4- Creative	Unit 5- Physical	Unit 6- health & fitness

Foundation

Forest school provision and activities taught all year.

Dance, gymnastics, multiskills, small team games and bike skills taught throughout year.

Foundation

Personal, social and emotional development:

- Managing their own needs.

Physical Development:

- Revise and refine the fundamental movement skills they have already acquired: rolling, running, crawling, hopping, walking, skipping, jumping, climbing
- Progress towards a more fluent style of moving, with developing control and grace
- Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming.
- Use their core muscle strength to achieve good posture when sitting at a table or sitting on a floor.
- Combine different movements with ease and fluency.
- Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.
- Develop overall body strength, balance, coordination and agility.
- Know and talk about the different factors that support overall health and wellbeing:
- regular physical activity.

Expressive arts and design:

- Explore, use and refine a variety of artistic effects to express their ideas and feelings.
- Return to and build on their previous learning, refining ideas and developing their ability to represent them.
- Create collaboratively, sharing ideas, resources and skills.
- Listen attentively, move to and talk about music, expressing their feeling and responses.
- Watch and talk about dance and performance art, expressing their feelings and responses.
- Explore and engage in music making and dance, performing solo or in groups.

ELG

Personal social and emotional development

- Managing self:
 - Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.
 - -Explain the reasons for rules, know right from wrong and try to behave accordingly.
 - -Manage their own basic hygiene and personal needs, including dressing.

- Building relationships:
 - Work and play cooperatively and take turns with others.

Physical development:

- **Gross motor skills**
 - Negotiate space and obstacles safely, with consideration for themselves and others.
 - Demonstrate strength, balance and coordination when playing.
 - Move energetically, such as running, jumping, dancing, hopping and climbing.

Expressive arts and design:

- Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.

KS1							
Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Real PE	Unit 1- personal Static balance	Unit 2 Social	Unit 3- Cognitive	Unit 4- Creative	Unit 5- Physical	Unit 6- health & fitness	
KS1	Forest school	Year one and two A	Year one and two B				
	Year One	Multi skills	Gymnastics- Floor and partner work	Target Games	Mat ball	Dance	Athletics
		<p>N.C objectives:</p> <ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. <p>Skills: Balance, throw and catch, sending and receiving (striking a ball, rolling, kicking), jump footwork patterns, jump for height and distance, movement patters (skipping, hopping, running, galloping).</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> Master basic movements including running and jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns. <p>Skills: Body tension and extension, shapes, travel, roll, turn, pivot and spin, jump, leap, landing, balance. coordination, flexibility, strength, control.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities <p>Skills: Throwing (two-handed, one-handed, underarm, overarm, step throw) throwing with accuracy, throwing for distance, selecting an appropriate throw.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. <p>Skills: Passing (over-head pass, under-arm pass, push pass) catching, defending, intercept ball, agility, jumping, running, changing direction.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> Perform dances using simple movement patterns. <p>Skills: footwork patterns, flexibility, coordination, agility, balance, control, travel, patterns of movement, body tension and extension, timing.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. <p>Skills: Running, jumping (height and distance), throwing (accuracy, distance).</p>

	Year Two	Multi skills	Gymnastics-Apparatus	football	Dodgeball	Cheer Dance	Athletics
		<p>N.C objectives:</p> <ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. <p>Skills: Balance, throw and catch, sending and receiving (striking a ball, rolling, kicking), jump footwork patterns, jump for height and distance, movement patters (skipping, hopping, running, galloping).</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> Master basic movements including running and jumping, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns. <p>Skills: Body tension and extension, Shapes, travel, roll, turn, pivot and spin, jump, leap, landing, balance, coordination, flexibility, strength, control.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. <p>Skills: Kicking, shooting, dribbling, passing, striking, attacking, defending, agility, speed, coordination, control and spatial awareness.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. <p>Skills: throwing, catching, dodging, jumping, agility, speed, foot work movement patterns, blocking defending, invading, tactics and special awareness.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> Perform dances using simple movement patterns. <p>Skills: footwork patterns, flexibility, coordination, agility, balance, control, travel, patterns of movement, jumping, body shapes, timing, body tension and extension.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. <p>Skills: Running, jumping (height and distance), throwing (accuracy, distance).</p>

	Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Real PE	Unit 1- personal	Unit 2 Social	Unit 3- Cognitive	Unit 4- Creative	Unit 5- Physical	Unit 6- health & fitness
	Forest school					Year three and four A	Year three and four B
		Tchoukball	Gymnastics-Floor routines and partner work	Orienteering	Dartmoor three ball	Four Square	Athletics
Lower KS2	Year Three	<p>N.C objectives:</p> <ul style="list-style-type: none"> play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. <p>Skills: throwing (overarm, underarm), passing (chest pass, over arm pass, bounce pass) catching, agility, speed, strength, reaction time and spatial awareness.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance. perform dances using a range of movement patterns. compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Skills: Body tension, extension, shapes, travel, roll, turn, pivot, spin, jump, leap, landing balance, coordination, flexibility, strength, control.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Skills: agility, speed, map reading, compass directions (four point), simple grid referencing, team work, communication competition, systematic thinking, problem solving.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination. play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Skills: batting, fielding, bowling (underarm), throwing (overarm and under arm), catching, agility and speed, stopping, returning and retrieving, attacking, defending.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination. play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Skills: Striking (overhand, underhand) spatial awareness, coordination, defence, attacking.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance. compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Skills: Running (sprint and distance), jumping (height and distance), throwing (accuracy, distance), team work and communication (relay), timing, pace, power, speed (acceleration, deceleration)</p>

		Football	Dance	Capture the flag	Kwik cricket	Sitting volleyball	Athletics
Year Four OAA- residential visit summer term.		<p>N.C objectives:</p> <ul style="list-style-type: none"> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Skills: kicking, shooting, dribbling passing, striking, attacking, defending, control, coordination, agility, speed, strength, reaction time and spatial awareness.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance. perform dances using a range of movement patterns. <p>Skills: Flexibility, coordination, agility, balance, control, travel, patterns of movement.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Skills: attacking, defending, tactics, teamwork, communication, agility, spatial awareness.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination. play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Skills: batting, fielding, bowling (underarm), throwing (overarm and under arm), catching, agility and speed, stopping, returning and retrieving, attacking, defending.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Skills: throwing, passing, catching, coordination, balance, spatial awareness,</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance. compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Skills: Running (sprint and distance), jumping (height and distance), throwing (accuracy, distance), team work and communication (relay), timing, pace, power, speed (acceleration, deceleration)</p>
		<p>Swimming (autumn and spring term at Quayside Leisure Centre)</p> <p>N.C Objectives:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations. <p>Skills: water confidence (submerged and above the water), Swimming strokes (front crawl, backstroke and breast stroke), water safety and rescue techniques.</p>					

	Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Real PE	Unit 1- Cognitive	Unit 2- Creative	Unit 3- Social	Unit 4- Applying Physical	Unit 5- Health and Fitness	Unit 6- Personal
	Forest School			Year five and six A	Year five and six B		
		Netball	Gymnastics- Apparatus work	Orienteering	Rounders	Tennis	Athletics
Upper KS2	Year Five	<p>N.C objectives:</p> <ul style="list-style-type: none"> play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. <p>Skills: Passing (chest pass, overarm pass, lob pass, shoulder pass, bounce pass), receiving, agility, balance, coordination, attacking, defending, pivoting,</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Skills: Body tension, extension, shapes, travel, roll, rotation, turn, pivot, spin, jump, leap, landing, flight, vault, balance, coordination, flexibility, strength, control</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Skills: agility, speed, map reading, compass directions (eight point), detailed grid referencing, team work, communication competition, systematic thinking, problem solving.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination. play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Skills: batting, throwing, ground fielding, bowling, catching, running, agility, speed, coordination.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Skills: Striking, serve, volley, spatial awareness, footwork patterns, coordination, attacking and defending, tactics,</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance. compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Skills: Running (sprint and distance), jumping (height and distance), throwing (accuracy, distance), team work and communication (relay), timing, pace, power, speed (acceleration, deceleration)</p>

		shooting					
		Tag rugby	Parkour	Dance	Kwik Cricket	Volley ball	Athletics
	Year Six OAA- residential visit spring term.	<p>N.C objectives:</p> <ul style="list-style-type: none"> play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. <p>Skills: Passing (underarm loop pass, spin pass), agility, coordination, decision making, team communication, attacking, defending, dodging, spatial awareness.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance. perform dances using a range of movement patterns. use running, jumping in isolation and in combination. <p>Skills: agility, strength, flexibility, running (horizontally and vertically- including pushing off walls), balance (dynamic and static), turning/ rotating (vertically or horizontally- with and without jumping), jumping/ vaulting, landing (rolling, diving, precise footed land), hanging and swinging, climbing, weight on hands</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance. perform dances using a range of movement patterns. <p>Skills: Flexibility, coordination, agility, balance, control, travel, patterns of movement, spatial awareness, choreography, improvisation.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination. play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Skills: batting, fielding, bowling (underarm and overarm), throwing (overarm and under arm), catching, agility and speed, stopping, returning and retrieving, attacking, defending.</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Skills: Serve, striking (volley, dig, spike), bump pass, jumping, leaping,</p>	<p>N.C objectives:</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance. compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Skills: Running (sprint and distance), jumping (height and distance), throwing (accuracy, distance), team work and communication (relay), timing, pace, power, speed (acceleration, deceleration)</p>

Dance (Movement patterns)
Striking and fielding

Transferable skills (strength, flexibility, agility and coordination)
OAA- Outdoor Adventurous Activities

Invasion games
Net/wall games