

KS1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1</b> <b>Indoor PE</b>	<u>Gymnastics</u> perform basic actions of travelling, rolling, jumping and climbing	<u>Dance</u> copy and explore basic body actions and movement patterns	<u>Gymnastics</u> change speed and direction when travelling	<u>Dance</u> select movements to create their own dance phrases with beg, mid and end	<u>Gymnastics</u> show awareness of body parts, points and position when making still shapes	<u>Dance</u> describe what they and others have done using appropriate vocabulary with support
<b>Outdoor PE</b>			<u>Games</u> throw, send and receive a ball in different ways	<u>Games</u> roll, run, jump and kick with some control	<u>Games</u> hit and catch a ball with some control	<u>Athletics</u> Preparation for sports day
<b>Year 2</b> <b>Indoor PE</b>	<u>Gymnastics</u> move and jump with some control and awareness of space	<u>Dance</u> copy, repeat and remember moves and shapes	<u>Gymnastics</u> create a sequence using 2 or more linked actions	<u>Dance</u> movements to show control and co-ordination	<u>Gymnastics</u> show contrast on use of body shape (small, tall, straight, curved) LO: balance on different points of the body	<u>Dance</u> perform a dance with 2 or more joined movements LO: improve their own work through commenting on others work
<b>Outdoor PE</b>			<u>Games</u> use rolling, hitting, running, jumping, throwing	<u>Games</u> use basic tactics for attacking and defending	<u>Games</u> catching, and kicking skills in combination	<u>Athletics</u> Preparation for sports day

KS2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 3</b> <b>Indoor PE</b> Chd are to be taught dances and remember them	<u>Gymnastics</u> demonstrate control and coordination when performing a range of actions with transitions	<u>Dance</u> experiment with actions, dynamics, directions and levels	<u>Gymnastics</u> devise, repeat, and perform a short sequence that shows changes in speed, level and direction	<u>Dance</u> remember and repeat dance phrases	<u>Gymnastics</u> create a sequence using apparatus	<u>Dance</u> describe the similarities and differences and evaluate the effectiveness and quality of a performance
<b>Outdoor PE</b> Team games to be introduced	<u>Games</u> choose, use and vary simple tactics for attacking and defending	<u>Games</u> use a variety of skills consistently in a <b>game</b> eg rolling, hitting, kicking, throwing, catching	<u>Games</u> use a variety of skills consistently in a <b>different game</b> eg rolling, hitting, kicking, throwing, catching	<u>Athletics</u> run at a speed appropriate to the distance	<u>Athletics</u> jump from a standing position	<u>Athletics</u> able to throw a ball using an under and over arm technique
<b>Year 4</b> <b>Indoor PE</b> Physical changes of the body during exercise to be recognised	<u>Gymnastics</u> create successful and stable balances and shapes	<u>Dance</u> vary speed and levels within a group dance sequence	<u>Gymnastics</u> show changes of direction, speed and level during a gymnastic sequence	<u>Dance</u> link variety of movements into their own dance sequence	<u>Gymnastics</u> plan, perform and repeat fluent gymnastic sequences linking still shapes with travelling	<u>Dance</u> describe their own work, make simple judgments and suggests ways to improve their work

<p><b>Outdoor PE</b></p> <p>Rules of games need to be followed</p>	<p><u>Games</u> strike, throw and catch with control and clear sense of direction LO: show awareness and accuracy in passing</p>	<p><u>Games</u> LO: follow the formal rules of the game and demonstrate they can play a team game</p>	<p><u>Games</u> keep possession of a ball eg hocking stick, ball with feet</p>	<p><u>Athletics</u> sprint over a short distance LO: develop pace over a long distance</p>	<p><u>Athletics</u> develop own techniques to be able to throw further in a variety of ways</p>	<p><u>Athletics</u> jump in a number of ways (1 foot-1foot, 2 feet-1foot, 2 feet-2feet ect)</p>
<p><b>Year 5</b></p> <p><b>Indoor PE</b></p> <p>Move with the intent to show emotion</p>	<p><u>Gymnastics</u> explain a demonstrate why and how people warm up and cool down for gymnastics</p>	<p><u>Dance</u> learn different dance styles, explaining the forms and patterns of dance</p>	<p><u>Gymnastics</u> perform a range of gymnastic actions with consistency, fluency and clarity of movement</p>	<p><u>Dance</u> actions are controlled to express emotions</p>	<p><u>Gymnastics</u> show body tension and extension and good weight transfer when performing</p>	<p><u>Dance</u> changes in speed, level and direction in a sequence LO: develop basic criteria to evaluate own work and others</p>
<p><b>Outdoor PE</b></p> <p>Start to make own choices</p>	<p><u>Games</u> carefully select and use a variety of techniques to pass</p>	<p><u>Games</u> develop the skills of forehand and backhand when playing racket sports</p>	<p><u>Games</u> hit a bowled or volleyed ball with accuracy in return</p>	<p><u>Athletics</u> choose your own best pace for running over a variety of distances</p>	<p><u>Athletics</u> use a range of throws to accurately hit a target over a range of differences</p>	<p><u>Athletics</u> combine running and jumping in athletic activities eg long jump</p>
<p><b>Year 6</b></p> <p><b>Indoor PE</b></p> <p>Own choreography to be</p>	<p><u>Gymnastics</u> create longer, more complex sequences</p>	<p><u>Dance</u> choreograph imaginative sequences</p>	<p><u>Gymnastics</u> incorporate a range of speeds, levels, pathways, directions, and rotations</p>	<p><u>Dance</u> create a dance based around a set theme</p>	<p><u>Gymnastics</u> rehearse, refine and perfect skills</p>	<p><u>Dance</u> perform your own choreographed piece based around a theme</p>

rehearsed and performed						
Outdoor PE Play with the intent to win a game	<u>Games</u> work alone and with a team to outwit an opponent or opposing team	<u>Games</u> act as a good role model within a team taking a lead role when required	<u>Games</u> use a range of shots and strokes to strike a ball and outwit an opponent	<u>Athletics</u> show speed and stamina when running over a variety of distances LO: understand the short and long term effects of exercise and the importance to health and well being	<u>Athletics</u> throw with accuracy and control by analysing body shape LO: lead warm up and cool down sessions	<u>Athletics</u> compete with others, recording results, setting targets and endeavouring to improve performance



Where there is a key change of skills in the next year group