

PE

Outdoor/Indoor

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Year 1	Ball Skills (1) Dodgeball (1/2)		Dance (1/3) Gymnastics (1/2)		Athletics (1/2) Tennis and Cricket (1/2)		Key Themes: 1. Master basic movements. 2. Participate in team games. 3. Perform dances.
Year 2	Multi Skills (1) Ball Skills (1)	Dodgeball (1/2) Ball Skills (1)	Dance (1/3) Gymnastics (1/2)	Indoor Tennis (1/2) Netball (1/2)	Outdoor Tennis (1/2) Athletics (1/2) Ball Skills (1)	Kwik Cricket (1/2) Athletics (1/2) Ball Skills (1)	
Year 3	Netball (1/2) Gymnastics (1/3)	Tag Rugby (1/2) Gymnastics (1/3)	Dodgeball (1/2) Dance (4)	Quicksticks Hockey (1/2) Dance (4)	Athletics (1/3) Cricket (1/2)	Athletics (1/3) Football (1/2)	Key Themes: 1. Use running, jumping, throwing and catching in isolation and in combination. 2. Play competitive games. 3. Develop flexibility, strength, technique, control and balance. 4. Perform dances. 5. Take part in outdoor and adventurous activity challenges individually and in a team. <i>(Also in Y4 and Y6 residential visits)</i> 6. Compare their performance and demonstrate improvement – <i>throughout topics.</i> 7. Swimming – covers confidence and proficiency in a range of strokes, and includes safe self rescue.
Year 4	Quicksticks Hockey (1/2) Gymnastics (1/3)	Tag Rugby (1/2)/ Dance (4) Swimming (7)	Netball (1/2)	Tennis (1/2) Swimming (7)	Athletics (1/3) Cricket (1/2)	Tennis (1/2)/ Rounders (1/2) Swimming (7)	
Year 5	Team Building (5)/ Football (1/2) Swimming (7)	Multiskills (1/3) Dance (4)	Tag Rugby (1/2)/ Gymnastics (1/3) Swimming (7)	Quicksticks Hockey (1/2) Netball (1/2)	Athletics (1/3)/ Kwik Cricket (1/2) Swimming (7)	Tennis (1/2) Leadership	
Year 6	Leadership Football (1/2)	Netball (1/2) Gymnastics (1/3)	Multi Skills (1/2) Dance (4)	Quicksticks Hockey (1/2) Tag Rugby (1/2)	Tennis (1/2) Athletics (1/3)	Rounders (1/2) Outdoor and Adventure (5)	