













	1 ST HALF	AUTUMN	2 ND HALF	1 ST HALF	SPRING	2 ND HALF	1 ST HALF	SUMMER	2 ND HALF
RECEPTION Aut – Wed AM Spr – Thurs AM Sum – Tue/Thur PM	WED AM (CHRIS) Introduction to PE	WED AM (CHRIS) Fitness	THURS AM (CHRIS) Basketball / Netball	THURS AM (CHRIS) Tennis	TUES PM (BECKY) Dance	TUES PM (BECKY) Gymnastics			
					THURS PM (CHRIS) Football	THURS PM (CHRIS) Athletics			
YEAR 1 Aut – Tue/Thur PM Spr – Wed AM Fri (30 mins) Sum – Thurs AM	TUES PM (BECKY) Dance	TUES PM (BECKY) Gymnastics	WED AM (CHRIS) Basketball / Netball	WED AM (CHRIS) Cricket	THURS AM (CHRIS) Football	THURS AM (CHRIS) Atheltics			
	THURS PM (CHRIS) Fitness	THURS PM (CHRIS) Tennis	MON PM / TUES PM / FRI (30 mins) TEACHER Dance	MON PM / TUES PM / FRI (30 mins) TEACHER Gymnastics					
YEAR 2 Aut – Thurs am Spr – Tue/Thur PM Sum – Wed AM Fri (30 mins)	THURS AM (CHRIS) Fitness	THURS AM (CHRIS) Tennis	TUES PM (BECKY) Dance	TUES PM (BECKY) Gymnastics	WED AM (CHRIS) Rounders	WED AM (CHRIS) Football			
			THURS PM (CHRIS) Basketball / Netball	THURS PM (CHRIS) Athletics	MON PM / TUES PM / FRI (30 mins) TEACHER Dance	MON PM / TUES PM / FRI (30 mins) TEACHER Gymnastics			




Year 1		
Knowledge 	Skills 	Vocabulary 
All pupils: <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. 		
Autumn 1 Dance <ul style="list-style-type: none"> - Explore movements whilst responding to given stimuli - Develop movement vocabulary - Begin to understand basic composition 	Autumn 1 Dance <ul style="list-style-type: none"> - Respond to movement imaginatively and respond to different stimuli - Remember and repeat a short sequence of simple actions - Start to show an awareness of space and other people - Express and communicate ideas and feelings 	KS1 Core vocabulary - Dance Move, copy, perform, create, rhythm, control, coordination, linking mood or feeling.
Autumn 1 Fitness <ul style="list-style-type: none"> - To develop the benefits of exercise and a healthy lifestyle - Work in groups and in teams to complete fitness challenges 	Autumn 1 Fitness <ul style="list-style-type: none"> - To develop Knowledge about how exercise makes you feel - Understand how exercise helps your muscles - Take part in a basic fitness circuit - Understand the importance of daily exercise <p>By the end of the unit, children should be able to:</p> <ul style="list-style-type: none"> - talk about what exercise does to the body - try their best in challenges that are set - Recognise changes in the body when exercising 	KS1 Core vocabulary - Fitness <ul style="list-style-type: none"> • Exercise • Hot • Sweaty • Out of breath • Healthy • Muscles • Fit • Challenges/targets




Year 1		
Knowledge 	Skills 	Vocabulary 
All pupils: <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. 		
Autumn 2 Gymnastics Pupils will learn to <ul style="list-style-type: none"> • Use space safely and effectively • Jumping • Rolling • Balancing • Travelling • Work both individually and in pairs • Build a simple sequence 	Autumn 2 Gymnastics <ul style="list-style-type: none"> - Be able to explore travelling movements using the space around you - To develop quality when performing gymnastic shapes - To develop technique and control when performing shapes <p>By the end of the unit, children should be able to:</p> <ul style="list-style-type: none"> - Perform in front of others - Link simple actions to make a sequence - Make body tense, relaxed, stretched and curled - Use apparatus safely and wait your turn 	Autumn 2 Gymnastics KS1 Core vocabulary - Gymnastics Curl, tense, stretch, relax, control, travel, balance, copy, sequence, improve, plan, and perform, feedback, hold, and independent.
Autumn 2 Tennis Pupils will learn to <ul style="list-style-type: none"> - Show appropriate control with both a racquet and a ball - Use tennis equipment safely 	Autumn 2 Tennis Be able to perform a range of movement drills with good control & balance. <ul style="list-style-type: none"> - Be able to perform different catching skills. - Perform safe & controlled activities with a racquet & a ball - Be able to work with a partner under control <p>By the end of the unit, children should be able to:</p> <ul style="list-style-type: none"> • Catch & throw in a variety of ways both stationary & when moving • Understand & perform basic tennis strokes with control • Work with a partner 	Autumn 2 Tennis KS1 Core vocabulary - Games Throw, roll, underarm, hit, move, safely, kick, tactics, decide, rules.




Year 1		
Knowledge 	Skills 	Vocabulary 
All pupils: <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. 		
Spring 1 Basketball/Netball <ul style="list-style-type: none"> - Be confident in space used - Improve Co-ordination with a ball - Develop techniques when passing a ball - Be able to work as part of a team 	Spring 1 Basketball/Netball <ul style="list-style-type: none"> - Be able to move in a variety of ways - Be able to control a ball when moving - Be able to pass to a partner and team mates <p>By the end of the unit, children should be able to:</p> <ul style="list-style-type: none"> • Maintain balance and control of a ball when running in different ways • Take part in relay races • Catch & move with a ball - 	Spring 1 Basketball/Netball KS1 Core vocabulary - Games Throw, roll, underarm, hit, move, safely, kick, tactics, decide, rules.
Spring 1 Dance <ul style="list-style-type: none"> - To be able to perform basic movements to music, and to build a simple themed dance focusing on Space 	Spring 1 Dance <ul style="list-style-type: none"> - Create actions and movements that travel. - I can describe how my body feels before, during and after an activity. - Link 2 movements together to begin a sequence. - Use imagination when creating actions. - Move confidently in a range of ways, safely negotiating space. - Work towards control and co-ordination in large and small movements. 	Spring 1 Dance KS1 Core vocabulary - Dance Move, copy, perform, create, rhythm, control, coordination, linking mood or feeling




Year 1		
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All pupils: <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. 		
Spring 2 Cricket To use good throwing & catching techniques. <ul style="list-style-type: none"> - To improve the quality of their throwing & catching techniques & their ability to link movements. - To develop underarm and over arm bowls. - To develop skills in fielding games & use a range of simple techniques. - To develop technique - To choose a range of simple tactics & strategies. 	Spring 2 Cricket <ul style="list-style-type: none"> - Be able to throw & catch with a partner - Be able to use throwing skills in tasks that involve hitting targets & scoring points. - Be able to bowl with some control & accuracy - Be able to use throwing & catching skills as a team. - Be able to strike a ball accurately. - Be able to work as a team when playing games. By the end of the unit, children should be able to: <ul style="list-style-type: none"> • Perform a basic bowling action with the some control. • Be able to strike a ball into a space • Develop skills into a game situation 	Spring 2 Cricket KS1 Core vocabulary - Games Throw, roll, underarm, hit, move, safely, kick, tactics, decide, rules.




Spring 2 Gymnastics Pupils will learn to <ul style="list-style-type: none"> - Use space safely and effectively - Jumping - Rolling - Balancing - Travelling - Work both individually and in pairs - Build a simple sequence 	Spring 2 Gymnastics <ul style="list-style-type: none"> - Be able to explore travelling movements using the space around you - To develop quality when performing gymnastic shapes - To develop technique and control when performing shapes By the end of the unit, children should be able to: <ul style="list-style-type: none"> - Perform in front of others - Link simple actions to make a sequence - Make body tense, relaxed, stretched and curled Use apparatus safely and wait your turn	Spring 2 Gymnastics KS1 Core vocabulary - Gymnastics Curl, tense, stretch, relax, control, travel, balance, copy, sequence, improve, plan, and perform, feedback, hold, and independent.
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Year 1		
Knowledge 	Skills 	Vocabulary 
All pupils: <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. 		
Summer 1 Football <ul style="list-style-type: none"> - To be confident & safe in space provided. - To improve co-ordination & control of body. - To use equipment with co-ordination & control. - To work as part of a team. - To develop skills & techniques used in the game. - To develop decision making during competitive play 	Summer 1 Football <ul style="list-style-type: none"> - Be able to perform a range of kicking & gathering skills with control. - Be able to choose & use tactics to suit different situations. - Be able to use the side of the foot to pass the ball. - Be able to watch & describe performances accurately. - Be able to learn different turns & dribbling. - Be able to bring developed skills into their game. 	Summer 1 Football KS1 Core vocabulary - Games Throw, roll, underarm, hit, move, safely, kick, tactics, decide, rules.




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All pupils: <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. 		
Summer 2 Athletics <ul style="list-style-type: none"> - To improve co-ordination & control of body & a range of equipment. - To remember, repeat & link a combination of action. - To choose skills & equipment to help them reach the challenges they are set - To remember, repeat & link a combination of actions. 	Summer 2 Athletics <ul style="list-style-type: none"> - Be able to throw with increasing accuracy & co-ordination into targets set at different distances. - Be able to demonstrate a range of throwing actions & use different techniques to throw. - Be able to use different techniques, speeds & effort to meet challenges set for running. - Be able to demonstrate the five basic jumps on their own & combination. <p>By the end of the unit, children should be able to:</p> <ul style="list-style-type: none"> • Run at different speeds • Take part in a relay activity • Jump with accuracy into & out of areas from a standing position • Throw a variety of objects • Use small range of techniques 	Summer 2 Athletics KS1 Core vocabulary - Athletics Balance Hopping Jog Mobility Obstacle Overarm throw Relay Speed Sprint Take-off and landing Underarm Direction Distance Hurdle Obstacle Power Relaxed Relay Speed Swing




Year 2		
Knowledge 	Skills 	Vocabulary 
All pupils: <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. 		
Autumn 1 Fitness <ul style="list-style-type: none"> - Take part a range of fitness activities Begin to explore and develop <ul style="list-style-type: none"> - Agility - Balance - Co-ordination - Speed - stamina 	Autumn 1 Fitness <ul style="list-style-type: none"> - Be able to run for longer periods of time without stopping - To develop individual skipping - Be able to take part in a circuit to develop stamina and agility - To develop agility, balance and co ordination <p>By the end of the unit, children should be able to:</p> <ul style="list-style-type: none"> - Children will be able to describe how their body feels during exercise - Show determination to continue to work over a longer period of time <p>Understand that running at a slower speed will allow you to run for a longer period of time</p>	Autumn 1 Fitness KS1 Core vocabulary - Fitness <ul style="list-style-type: none"> • Exercise • Hot • Sweaty • Out of breath • Healthy • Muscles • Fit • Challenges/targets

Year 2		
Knowledge 	Skills 	Vocabulary 
All pupils: <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. 		
Autumn 2 Tennis <ul style="list-style-type: none"> - Take part a range of fitness activities Begin to explore and develop <ul style="list-style-type: none"> - Agility - Balance - Co-ordination - Speed - stamina 	Autumn 2 Tennis <ul style="list-style-type: none"> - Be able to perform a range of movement drills with good control & balance. - Be able to perform different catching skills. Perform safe & controlled activities with a racquet & a ball - Be able to perform a range of hitting & catching balls with control. - Be able to work with a partner under control & as a team <p>By the end of the unit, children should be able to:</p> <ul style="list-style-type: none"> • Move with speed, control & balance on more complex movement patterns • Catch & throw in a variety of ways both stationary & when moving • Understand & perform basic tennis strokes with control • Work as a team & with a partner • Keep score & compete in a variety of ways 	Autumn 2 Tennis KS1 Core vocabulary - Games Throw, roll, underarm, hit, move, safely, kick, tactics, decide, rules.

Year 2		
Knowledge 	Skills 	Vocabulary 
All pupils: <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. 		
Spring 1 Dance <ul style="list-style-type: none"> - Explore more complex movements whilst responding to given stimuli - Develop movement vocabulary in response to given stimuli - Be able to respond individually and as a team in creative and original ways to the given stimuli 	Spring 1 Dance <ul style="list-style-type: none"> - Work with a partner or small group to copy start and end positions. - Work with a partner or small group to copy or create formations for the movements. - Make a suggestion on how to improve my performance and performances of others. - Explore combining skills such as travelling and jumping, turning on different levels. 	Spring 1 Dance KS1 Core vocabulary - Dance Move, copy, perform, create, rhythm, control, coordination, linking mood or feeling.
Spring 1 Basketball/Netball <ul style="list-style-type: none"> - Be able to maintain balance through different movement patterns - Link this movement to being able to control a ball - Work as a team - moving and passing a ball 	Spring 1 Basketball/Netball <ul style="list-style-type: none"> - Be able to move at pace with & without a ball - Working as part of a team to score a goal - Be able to play a basic match <p>By the end of the unit, children should be able to:</p> <ul style="list-style-type: none"> • Move with control of a ball • Play a basic match - working as part of a team 	Spring 1 Basketball/Netball KS1 Core vocabulary - Games Throw, roll, underarm, hit, move, safely, kick, tactics, decide, rules.

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Knowledge 	Skills 	Vocabulary 
All pupils: <ul style="list-style-type: none"> develop competence to excel in a broad range of physical activities are physically active for sustained periods of time engage in competitive sports and activities lead healthy, active lives. 		
Spring 2 Gymnastics Pupils will learn to <ul style="list-style-type: none"> Explore and develop basic gymnastic actions on the floor and using apparatus Develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences To work safely with and around others while using apparatus 	Spring 2 Gymnastics <ul style="list-style-type: none"> Be able to perform gymnastic shapes and link together Be able to perform shapes to create balances Link travelling actions and balances using apparatus Develop sequences By the end of the unit, children should be able to: <ul style="list-style-type: none"> Be confident to perform in front of others Can plan and repeat simple sequences of actions. Provide feedback using key words 	Spring 2 Gymnastics KS1 Core vocabulary - Gymnastics Curl, tense, stretch, relax, control, travel, balance, copy, sequence, improve, plan, and perform, feedback, hold, and independent.
Spring 2 Athletics <ul style="list-style-type: none"> To improve co-ordination & control of body & a range of equipment To remember, repeat & link a combination of actions To choose skills & equipment to help them reach the challenges they are set To remember, repeat & link a combination of actions 	Spring 2 Athletics <ul style="list-style-type: none"> Be able to throw with increasing accuracy & co-ordination into targets set at different distances Be able to demonstrate a range of throwing actions & use different techniques to throw Be able to use different techniques, speeds & effort to meet challenges set for running Be able to demonstrate the five basic jumps on their own & in combination By the end of the unit, children should be able to: <ul style="list-style-type: none"> Run at different speeds in safety Take part in a relay activity Jump with accuracy into & out of areas from a standing position Throw a variety of objects Use small range of techniques 	Spring 2 Athletics KS1 Core vocabulary - Athletics Balance Hopping Jog Mobility Obstacle Overarm throw Relay Speed Sprint Take-off and landing Underarm Direction Distance Hurdle Obstacle Power Relaxed Relay Speed Swing

Year 2		
Knowledge 	Skills 	Vocabulary 
All pupils: <ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • are physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. 		
Summer 1 Rounders <ul style="list-style-type: none"> - To use good throwing & catching techniques. - To improve the quality of their throwing & catching techniques & their ability to link movements. - To develop underarm and over arm bowls. - To develop skills in fielding games & use a range of simple techniques. - To develop technique - To choose a range of simple tactics & strategies. 	Summer 1 Rounders <ul style="list-style-type: none"> - Be able to throw & catch with a partner - Be able to use throwing skills in tasks that involve hitting targets & scoring points. - Be able to bowl with some control & accuracy - Be able to use throwing & catching skills as a team. - Be able to strike a ball accurately. - Be able to work as a team when playing games. <p>By the end of the unit, children should be able to:</p> <ul style="list-style-type: none"> • Perform a bowl with control • Be able to strike a ball into space • Use skills in a game situation • Use both catching & throwing fielding skills 	Summer 1 Rounders KS1 Core vocabulary - Games Throw, roll, underarm, hit, move, safely, kick, tactics, decide, rules.
Summer 1 Dance <ul style="list-style-type: none"> - To be able perform basic movements to music to build a simple COUNTRIES themed dance 	Summer 1 Dance <ul style="list-style-type: none"> - Explore combining skills such as travelling and jumping, turning on different levels. - Describe how my body feels during different activities and explain what my body needs to keep healthy. - Link 2 or more movements together to form a sequence. Remember the movement order and perform the sequence. - Use creative and expressive ideas. - Work with a partner or small group to copy start and end positions. - Demonstrate control over movements and show good co-ordination. 	Summer 1 Dance KS1 Core vocabulary - Dance Move, copy, perform, create, rhythm, control, coordination, linking mood or feeling.

Year 2		
Knowledge 	Skills 	Vocabulary 
All pupils: <ul style="list-style-type: none"> develop competence to excel in a broad range of physical activities are physically active for sustained periods of time engage in competitive sports and activities lead healthy, active lives. 		
Summer 2 Football <ul style="list-style-type: none"> - To be confident and safe in the spaces used to play games - To improve co-ordination & control of bodies - To use equipment safely - To work as part of a team - To develop techniques used in football games - To improve decision making 	Summer 2 Football <ul style="list-style-type: none"> - Be able to perform a range of kicking and gathering skills with control - Be able to choose & use tactics to suit different situations - Be able to learn to score - Be able to watch and describe performances accurately - Learn to perform basic dribbling & passing - Be able to make decisions to aid performance in competitive play 	Summer 2 Football KS1 Core vocabulary - Games Throw, roll, underarm, hit, move, safely, kick, tactics, decide, rules.
Summer 2 Gymnastics Pupils will learn to <ul style="list-style-type: none"> - Explore and develop basic gymnastic actions on the floor and using apparatus - Develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences - To work safely with and around others while using apparatus 	Summer 2 Gymnastics <ul style="list-style-type: none"> - Be able to perform gymnastic shapes and link together - Be able to perform shapes to create balances - Link travelling actions and balances using apparatus - Develop sequences <p>By the end of the unit, children should be able to:</p> <ul style="list-style-type: none"> - Be confident to perform in front of others - Can plan and repeat simple sequences of actions. - Provide feedback using key words 	Summer 2 Gymnastics KS1 Core vocabulary - Gymnastics Curl, tense, stretch, relax, control, travel, balance, copy, sequence, improve, plan, and perform, feedback, hold, and independent.