



Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS PE Coach	<b>Fundamental Movement</b> Physical ability Confidence  <i>Walking</i> <i>Jumping</i> <i>Running</i> <i>Hopping</i> <i>Skipping</i> <i>Throwing</i> <i>Catching</i>	<b>Balance</b> Physical ability Confidence  <i>Rolling</i> <i>Crawling</i> <i>Walking</i>	<b>Dance</b> <b>Gymnastics</b> Physical ability Confidence  <i>Rolling</i> <i>Crawling</i> <i>Climbing</i>	<b>Co-ordination</b> <b>Ball skills</b> Technique Confidence  <i>Jumping</i> <i>Running</i> <i>Hopping</i> <i>Climbing</i> <i>Throwing</i> <i>Catching</i>	<b>Agility</b> Technique Confidence Physical ability  <i>Jumping</i> <i>Running</i> <i>Skipping</i>	<b>Multi skills and Athletics</b> Communication Rules Physical ability  <i>Running</i> <i>Hopping</i> <i>Skipping</i> <i>Jumping</i> <i>Landing</i> <i>Throwing</i> <i>Catching</i>
1 Teacher	<b>Invasion</b> Sending and receiving	<b>Personal Best</b> Coordination Agility Master basic movements such as throwing and catching	<b>Dance</b> Perform dances using simple movement patterns	<b>Multisport</b> Coordination Agility Master basic movements such as throwing and catching	<b>Problem solving</b> Responsibility Understanding Rules	<b>Athletics</b> Sports day Preparation
PE Coach	<b>Basics</b> <b>Fundamental movements and skills</b> (recap the ABCs) Effort Physical Ability	<b>Athletics</b> Technique Effort Confidence	<b>Basketball skills</b> Confidence Analysis Technique	<b>Invasion skills</b> Resilience Physical ability Confidence	<b>Striking &amp; Feilding skills (Cricket)</b> Technique Confidence Rules  <b>Sports Day prep</b> Feedback Rules Confidence	<b>Multi Skills</b> Coordination Agility Rules  Master basic movements such as throwing and catching





2 Teacher	<b>Personal best Challenge</b> Fundamental Movement Balance Master basic movements such as running, jumping.	<b>Invasion Games</b> Attack vs Defence	<b>Dance</b> Perform dances using simple movement patterns	<b>Net &amp; Wall games</b> Hand Rackets	<b>Multi Skills</b> Coordination Agility Master basic movements such as throwing and catching <b>Archery</b>	<b>Athletics</b> Rules Technique Physical ability  Sports day Preparation
PE Coach	<b>Fundamental movements and skills</b> (Able to apply the ABCs with fluency in a range of activities) Feedback Confidence Technique	<b>Invasion skills</b> Problem Solving Leadership Confidence Understanding	<b>Basketball skills</b> Confidence Analysis Technique Physical ability	<b>Orienteering</b> Problem Solving Responsibility Understanding Rules	<b>Athletics</b> Technique Effort Confidence Physical ability  <b>Sports Day prep</b> Rules Confidence	<b>Net &amp; Wall skills</b> (Cricket/tennis) Technique Confidence Rules
3 Teacher	<b>Personal best Challenge</b> Fundamental Movement Balance Master basic movements such as running, jumping.	<b>Invasion Games</b> Passing and moving with hands.	<b>Dance</b> Perform dances using a range of movement patterns	<b>Invasion Games</b> Passing and moving with feet	<b>Multi Skills</b> Fundamental Movement Balance <b>Archery</b>	<b>Athletics</b> Rules Technique Physical ability  Sports day Preparation
PE Coach	<b>Bee Netball skills</b> Problem solving Technique Tactics	<b>Tag Rugby Skills</b> Communication Understanding Teamwork Physical Ability	<b>Hockey Skills</b> Feedback Analysis Physical ability	<b>Orienteering</b> Problem Solving Responsibility Confidence	<b>Athletics</b> Technique Effort Confidence  <b>Sports Day prep</b> Feedback Respect Understanding	<b>Tennis Skills</b> Tactics Technique Rules





4 Teacher	<b>Bench Ball</b>	<b>Personal best Challenge</b> Fundamental Movement Balance Master basic movements such as running, jumping.	<b>Dance</b> Perform dances using a range of movement patterns	<b>Net &amp; Wall Games</b> Mini Tennis Skills <b>Striking &amp;Fielding</b> Batting and bowling	<b>Multi Skills</b> Fundamental Movement Balance <b>Archery</b>	<b>Athletics</b> Sports day Preparation
PE Coach	<b>Bee Netball skills</b> Communication Problem solving Tactics	<b>Tag Rugby Skills</b> Communication Tactics Teamwork Physical Ability Leadership	<b>Hockey Skills</b> Feedback Analysis Technique Confidence	<b>Orienteering</b> Problem Solving Leadership Confidence Rules	<b>Athletics</b> Physical ability Effort Confidence  <b>Sports Day prep</b> Feedback Respect Understanding	<b>Tennis Skills</b> Tactics Technique Rules
5 Teacher	<b>Personal best Challenge</b> Fundamental Movement Balance Master basic movements such as running, jumping.	<b>Problem solving</b> Responsibility Understanding Rules	<b>Dance</b> Perform dances using a range of movement patterns	<b>Invasions Games</b> Basketball	<b>Striking &amp;Fielding</b> Softball/Rounders	<b>Athletics</b> Sports day Preparation
PE Coach	<b>Bee Netball</b> Technique Tactics Rules Communication Leadership	<b>Tag Rugby</b> Communication Tactics Respect Physical Ability	<b>Hockey</b> Feedback Analysis Effort Tactics	<b>Athletics</b> Technique Effort Confidence Fitness levels	<b>Net &amp; Wall Games</b> <b>Tennis</b> Technique Feedback Respect  <b>Sports day Prep</b> Feedback	<b>Striking &amp;Fielding</b> (Cricket & Rounders) Responsibility Technique Rules





					<b>Respect Understanding</b>	
<p><b>Swimming:</b> Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>-swim competently, confidently and proficiently over a distance of at least 25 meters</li> <li>- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>-perform safe self-rescue in different water-based situations.</li> </ul>						
6 Teacher	<p><b>Personal best Challenge</b> Fundamental Movement Balance Master basic movements such as running, jumping.</p>	<p><b>Problem solving</b> Responsibility Understanding Rules</p>	<p><b>Dance</b> Perform dances using a range of movement patterns</p>	<p><b>Invasions Games</b> Basketball</p>	<p><b>Striking &amp;Fielding</b> Softball/Rounders</p>	<p><b>Athletics</b> Sports day Preparation</p>
PE Coach	<p><b>Bee Netball</b> Problem solving Tactics Rules Physical ability</p>	<p><b>Tag Rugby</b> Communication Tactics Rules Teamwork Physical Ability Leadership</p>	<p><b>Hockey</b> Feedback Tactics Technique Physical ability</p>	<p><b>Athletics</b> Technique Effort Confidence Rules</p>	<p><b>Net &amp; Wall Games</b> <b>Tennis</b> Technique Feedback Respect</p> <p><b>Sports day Prep</b> Feedback Respect Understanding</p>	<p><b>Striking &amp;Fielding</b> (Cricket &amp; Rounders) Tactics Technique Rules Understanding</p>
<p><b>Health and fitness</b></p> <ul style="list-style-type: none"> <li>• Are physically active for sustained periods of time</li> <li>• Lead healthy, active lives</li> <li>• Understand and apply the long-term health benefits of physical activity</li> <li>• Get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle</li> </ul>						

