



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





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



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

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