

Early Years

- PE – floor and apparatus, dance, games
- Fidgety Fingers – fine motor skills, pencil control

- Gross Motor Skills – climbing frame, bikes, scooters, stilts
- Keeping healthy – diet, exercise, hand washing
- Keeping safe

Year 1

- To master basic movement eg. running, jumping, throwing, catching, balance, agility and co-ordination

- To take an active role in team games
- To perform dances using simple movements
- Dance
- Gym
- Games



Year 2

- To show continuous accuracy when performing basic movements
- To send and receive a ball or other equipment in different ways
- To control a sequence of movements in gymnastics
- Cooperate with others to develop skills

- Play team games showing some awareness of others
- To think of simple tactics to help attack and defend in a team game
- Respond to music with controlled movements to communicate ideas and feelings

Physical Education curriculum

Year 3

- Use running jumping, catching and throwing in isolation and in combination
- Can play competitive net, striking/fielding & invasion games.
- Can perform fluent gymnastics sequences

- Begin to identify techniques needed to practice to improve strength and performance in athletic activities.
- Invasion games - football, netball
- Striking / Fielding activities - cricket
- Net/Wall activities - tennis
- Athletics
- Dance - rhythm, sequences and performance

Year 4

- Use running, jumping, catching and throwing skills in a variety of games
- Can consistently perform fluent gymnastic sequences
- Can we use tactics and team work in attacking and fielding games
- To confidently perform athletic skills with accuracy
- Can explain how to improve performances
- Can demonstrate self rescue skills
- Invasion games - hockey, rugby
- Net/wall - badminton
- Striking and fielding – rounders
- Athletics
- Swimming

Year 5

- Developing further flexibility and control in gym/dance and athletics.
- Can identify how to develop skills to improve performance.
- Can perform fluent gymnastic sequences. C
- an work well in a team and demonstrate an awareness of others.
- Compare performances to achieve personal bests.
- Invasion games: - football, netball
- Striking - Tri-golf, cricket
- Athletics
- Outdoor Adventurous Activities



Year 6

- Tactics in attacking games.
- Apply different skills to net/striking/fielding and invasion games
- Perform dance/gym sequences
- Net/wall - volleyball, tennis

- Invasion games - tag rugby, hockey
- Striking/fielding activities - cricket, rounders
- Athletics
- Outdoor adventurous activities