



Year Group		Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception		PE – Spatial awareness games and movement (Val Sabin) Changing for PE / Help individual children to develop good personal hygiene.	Gymnastics: Jumping Jacks and Rock & Roll PE Move	Dance: Dinosaurs PE Move	Gymnastics: Gym in the jungle PE Move	Games: Best of Balls PE Move	Games: The Olympics PE Move Parachute Games
Year 1	Indoor	Gymnastics Animals – PE Move	Dance Starry Skies – PE Move	Traditional tales (Dance) PE move	Dance – The Seasons, PE Move	Circuit Training – PE Move	Yoga, Salute to the Sun. PE Move
	Outdoor	Throwing and Catching, PE Move	Invasion Games, At the Fair – PE Move	Attacking and Defending, PE Move	Multi Skills, Bat and Ball, PE Move	Multi Skills, Running and Jumping, PE Move	Multi Skills, Sports' Day. PE Move
Year 2	Indoor	Circuit training PE move	Dance- Gunpowder Plot PE move	Gymnastics- under the sea PE move	Fundamental Skills: Easter PE move	Dance- plants PE move	Gymnastics- Landscapes and Cityscapes PE move (using apparatus)
	Outdoor	Throwing and catching (Bench ball) PE move	Attacking and defending PE move	Games- Striking and Hitting (rounders, from progression map)	Invasion games PE move	Multiskills- Bat and ball PE move	Animal Olympics PE move
Year 3	Indoor	3R swim Dance – Stone Age	3R swim Gymnastics – Movement PE move	3S swim Dance – Extreme Earth PE move	3S swim / 3P Circuit training PE move	3P swim Gymnastics Shape PE move	No swimming Net and wall PE move - Tennis
	Outdoor	OAA PE move	Invasion games – Fundamentals PE move – ball skills	Dodgeball PE move - dodgeball	Invasion games – football PE move - football	Striking and fielding – fundamentals PE move - cricket	Athletics PE move

Year 4	Indoor	Dance – Romans (PE MOVE)	Gymnastics: Movement (PE MOVE)	Dance – Shape & Balance (PE MOVE)	Badminton (PE MOVE)	Circuit Training (PE MOVE)	Social Skills (Real PE)
	Outdoor	Invasion Games (PE MOVE)	Outdoor Adventurous Activities (PE MOVE)	Hockey (PE MOVE)	Tag Rugby (PE MOVE)	Athletics (PE MOVE)	Striking and Fielding (Rounders) (PE MOVE)
Year 5	Indoor	Dance – Water (PE MOVE)	Gymnastics- MOVEMENT (PE MOVE)	Cognitive Skills (Real PE)	Dance Strictly (School Scheme)	Creative (Real PE)	Personal Skills (Real PE)
	Outdoor	Cricket Strike / field (PE MOVE)	Basketball (PE MOVE)	Tag Rugby invasion (PE MOVE)	Tennis (PE MOVE)	Athletics (PE MOVE)	OAA (PE MOVE)
Year 6	Indoor	Gymnastics (PE MOVE)	Dance – Electricity (PE MOVE)	Applying physical skills (Real PE) <i>Jump Ball</i>	Health and fitness (Real PE) <i>Kabadi/Bean Bag Raid</i>	Circuit Training (PE MOVE)	Tennis (SCHOOL SCHEME)
	Outdoor	Tag Rugby (SCHOOL SCHEME)	Hockey (SCHOOL SCHEME)	Netball (PE MOVE)	OAA (PE MOVE)	Cricket Striking and Fielding (PE MOVE)	Athletics (PE MOVE)