

Year Group	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
EYFS	Baseline assessments. Introduce PE and lesson rules. Listening and attention games. (Once the children are settled in school. PE lessons will start.)		Fundamental skills - core strength development		Gymnastics		Shadow Dance Dinosaurs		Multi-Skills: Sport Day		Games - ball skills	
Year 1	Gymnastics: Animals	Playground games.	Shadow Dance: Nativity dances		Multi-Skills: Running and jumping	Multi-skills: Throwing and catching	Dance: Space	Multi-Skills: Bat and ball	Gymnastics: Routines	Multi-Skills: Sport Day	Games.	Multi-Skills: Attacking and defending.
Year 2	Gymnastics:	Multi-skills: Throwing and catching	Shadow Dance: Nativity dances	Athletics	Dance: 1960's	Invasion Games	Gymnastics:	Multi-Skills: Bat and ball	Yoga	Multi-Skills: Sport Day	Games.	Multi-Skills: Attacking and defending.
Year 3	Yoga	Invasion games Tag rugby	Athletics (Sportshall)	Invasion games Hockey	Shadow Dance Vikings	Throwing and catching Netball	Gymnastics	Net/wall games - tennis/bad minton	Swimming	Striking and fielding Cricket or rounders	Dodgeball	Invasion games Football
Year 4	Gymnastics	Tag Rugby	Athletics (Sportshall)	Hockey	Yoga Swimming	Netball	Dance	Tennis	Shadow Dance: Dance festival	Cricket or rounders	Dodgeball	Football
Year 5	Shadow Dance: Space	Tag Rugby	Swimming Athletics (Sportshall)	Hockey	Gymnastics	Netball	Yoga	Tennis	Dodgeball	Cricket	Circuit training	Football
Year 6	Gymnastics	Tag Rugby	Athletics (Sportshall)	Hockey	Boxercise	Netball	Yoga	Tennis	Dodgeball	Cricket	Shadow Dance: Leavers play	OAA Football
Value	Respect Respect the equipment Respect the teacher Respect the rules Respect each other Respect yourself		Kindness Don't be too competitive Playing fair Looking out for each other Staying safe		Curiosity Ask questions Be ready to learn Try new things Get involved How can you improve?		Responsibility Play your position Play as part of a team Perform as instructed Be safe and sensible Take a leadership role		Resilience Never give up Try your best Stick to the plan Keep trying Try something new		Positivity Enjoy the activity Look on the bright side Appreciate and be grateful How can you praise others? What went well?	