



	Autumn 1		Autumn 2		Spring 1	Spring 2	Summer 1	Summer 2
Class 1	Basic movement Agility, balance & co-ordination		Basic movements Hopping, skipping, jumping, leaping etc		Balls skills – throwing and aiming (underarm)	Balls skills – throwing and catching (range of throws) Attacking & defending	Moving with an object Simple invasion games – attacking & defending	Sports Day activities – improving performance and personal bests
	Fire Dance		Gymnastics – Flight Bouncing, Jumping & Landing		Gymnastics Pints & Patches	Caterpillar Dance	May Dancing	Skills and agility
Class 2	Football Skills Dribbling with the ball, attacking & defending. Small-sided games.		Skipping skills Agility, balance, co-ordination.		Netball skills Throwing and catching Attacking & defending Small-sided games.	Netball skills Throwing and catching Attacking & defending Small-sided games.	Tennis skills	Athletics – Sports Day activities Personal bests
	Jungle Dance		Gymnastics Pathways		Gymnastics – Linking Movements	Space Dance	May Dancing	Skill & agility
Class 3	Tag Rugby		Tag Rugby	Netball/ Basket ball	Netball/ Basket ball	Tennis	Tennis	Rounders
	Yr3 Strength and Fitness	Yr 4 Swim	Yr3 Strength and Fitness	Yr 4 Swim	Gymnastics – travelling Change of Direction	Carnival Dance	Banquet	Athletics
Class 4	Tag Rugby		Tag Rugby	Netball/ Basket ball	Netball/ Basket ball	Tennis	Tennis	Rounders
	Yr 5 Swim	Yr6 Strength and Fitness	Yr 5 Swim	Yr6 Strength and Fitness	Gymnastics Flight	Ballroom Dance	Gymnastics Synchronisation & Cannon	Athletics

We are a Golden Mile school and alongside the PE lessons children have, we make opportunities to take them out to run for further fitness and improve their personal best.

