

PHYSICAL EDUCATION

Year Group / Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery						
Reception	Walking and Jumping (Locomotion)	Hands 1 (Ball Skills)	Gymnastics: High, Low, Over, Under	Dance: Nursery Rhymes	Feet (Ball Skills)	Games for Understanding
1	Running (Locomotion) Gymnastics: Wide, Narrow, Curled	Hands 1 (Ball Skills) Gymnastics: Body Parts	Feet (Ball Skills) Dance: Growing	Hands 2 (Ball Skills) Dance: The Zoo	Jumping (Locomotion) Games for Understanding	Team Building Health and Wellbeing
2	Dodging (Locomotion) Gymnastics: Linking	Hands 1 (Ball Skills) Gymnastics: Pathways	Feet 1 (Ball Skills) Dance: Water	Hands 2 (Ball Skills) Dance: Explorers	Jumping (Locomotion) Games for Understanding	Team Building Health and Wellbeing
3	Football (Invasion) Gymnastics: Symmetry & Asymmetry	Handball (Invasion) Communication (Outdoor Adventure Activity)	Dance: Wild Animals Basketball (Invasion)	Dance: Weather Tag Rugby (Invasion)	Tennis (Net/Wall) Problem Solving (Outdoor Adventure Activities)	Athletics Cricket (Striking & Fielding)
4	Football (Invasion) Gymnastics: Bridges	Handball (Invasion) Communication (Outdoor Adventure Activity)	Dance: Cats Basketball (Invasion)	Dance: Space Tag Rugby (Invasion)	Tennis (Net/Wall) Problem Solving (Outdoor Adventure Activities)	Athletics Cricket (Striking & Fielding)
5	Gymnastics: Counter Balance and Counter Tension Netball (Invasion)	Health Related Exercise Football (Invasion)	Dance: The Greeks Tag Rugby (Invasion)	Orienteering (Outdoor Adventure Activity) Hockey (Invasion)	Cricket (Striking & Fielding) Tennis (Net/Wall)	Athletics Rounders (Striking & Fielding)
6	Health Related Exercise Netball (Invasion)	Gymnastics: Matching & Mirroring Football (Invasion)	Dance: The Titanic Basketball (Invasion)	Orienteering (Outdoor Adventure Activity) Hockey (Invasion)	Cricket (Striking & Fielding) Tennis (Net/Wall)	Athletics Rounders (Striking & Fielding)