

PE PLAN	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year R	Ball skills -acquire and develop skills to control a ball in different ways. Including pushing, bouncing, rolling, throwing, catching.	Dance - Develop basic dance moves, body awareness, moving to a beat	Gym -Develop basic Gymnastics skills performing short 2/3 action sequences with some aspects of quality	Catching and throwing skills – develop throwing and catching skills with different sized balls.	Bat and ball skills - acquire and develop skills to control a ball in different ways. Including bouncing, kicking, rolling, throwing, catching	Sports Day practice – practising and learning the events and structure of sports day events.
Year R	Bikes/scooters - practise balance and coordination to steer and move using wheeled vehicles	Write Dance - explore gross motor skills in time to music to develop writing skills	Beam cycle A - Balance, Education and movement. Focus on balance, coordination, control and body movements	BEAM Cycle B – Balance, Education and movement. Focus on balance, coordination, control and body movements	BEAM cycle C – Balance, Education and movement. Focus on balance, coordination, control and body movements	Sports Day Practice – practising and learning the events and structure of sports day events.
1/2	Ball skills -acquire and develop skills to control a ball in different ways. Including bouncing, kicking, rolling, throwing & catching	Dance - Remember some elements of dances and form short sequences Linked to a class topic	Gym -Develop basic Gymnastics skills performing short 3/4 action sequences with quality	Tag rugby -Develop skills to travel with, send & receive a ball. Acquire basic attacking & defending skills	Tennis -Develop skills for tennis. sending and receiving with control. Use tactics to out opponent.	Cricket -develop skills to field successfully including send, receiving, retrieving. Acquire skills to strike a ball.
1/2	OAA - Explore / Develop basic team building / orienteering	Infant agility - Following national festival format for Infant Agility focus on balance, jumping, running, target activities	Ball skills -acquire and develop skills to control a ball in different ways. Including bouncing, kicking, rolling, throwing & catching	Hockey - develop skills to field successfully including send, receiving, retrieving. Acquire skills to strike a ball.	Multi skills -acquire and develop skills to control equipment and bodies in different ways. Including bouncing, hitting rolling, throwing & catching	Athletics - Develop skills to perform to maximum capacity when running, jumping and throwing

3/4	Football - Develop basic attacking & defending skills in competitive environment	Dance - Develop and explore all dance actions and skills. Perform short sequences	Gym - Master further Gymnastics skills performing sequences with strength, quality and control	Tag rugby - Master skills and knowledge of invasion sports, their differences and similarities	Tennis - Master / Develop skills for tennis. sending and receiving with control. Use tactics to out opponent.	Cricket - Master / Develop skills playing striking & fielding games. Develop basic attacking and defending
3/4	OAA - Explore / Develop basic team building / orienteering	Netball - Master skills and knowledge of invasion sports, their differences and similarities	Dodgeball - Use tactics and team strategy to outwit opponent. Use information to improve performance.	Hockey - Master / Develop skills playing striking & fielding games. Develop basic attacking and defending	Swimming – To develop water confidence and swimming stroke technique for main strokes; front crawl, back stroke, breast stroke	Athletics - Develop skills to perform to maximum capacity when running, jumping and throwing
5/6	Football - Use tactics and team strategy to outwit opponent. Use information to improve performance.	Dance - Master and explore all dance actions and skills. Perform short sequences in small and large group	Gym - perform gymnastics actions and skills with strength, quality and control. Perform mirrored and group balances.	Tag rugby - Master skills and knowledge of invasion sports, their differences and similarities	Tennis - Master skills for tennis using control. Use tactics to out opponent. Analyse and improve	Cricket - use knowledge of other striking & fielding sports to outwit opponent and improve performance
5/6	OAA - Develop / Master Personal & Team challenge / basic orienteering	Basketball - Use tactics and team strategy to outwit opponent. Use information to improve performance.	Dodgeball - Use tactics and team strategy to outwit opponent. Use information to improve performance.	Hockey - Master skills playing striking & fielding games. Develop basic attacking and defending	Athletics - Perform running for distances, speed & stamina, Jumping for distance/ height/ speed. Throwing for distance. Use results and tactics to improve performance	Swimming - To master water confidence and swimming stroke technique for main strokes; front crawl, back stroke, breast stroke To swim 25m unaided