

PE PLAN 2024-25	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Year R /1	OAA Explore basic team building	Dance Develop basic dance moves, body awareness, moving to a beat	Gym Develop basic Gymnastics skills performing short 2/3 action sequences.	Tennis Develop skills for tennis. sending and receiving with control.	Bat and ball skills acquire and develop skills to control a ball in different ways. Including striking.	Athletics practising and learning the events and structure of sports day events
Year R /1	Ball skills Acquire and develop skills to control a ball in different ways. Including throwing, catching with a basketball.	Physical literacy/yoga Acquire and develop skills to control equipment and bodies in different ways.	Beam cycle A/B Balance, Education and movement. Focus on balance, coordination, control and body movements	Hockey Develop skills to field successfully including send, receiving, retrieving. Acquire skills to strike a ball.	BEAM cycle C Balance, Education and movement. Focus on balance, coordination, control and body movements	Athletics practising and learning the events and structure of sports day events.
Year 2	OAA Explore / Develop basic team building	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	Tennis Develop skills for tennis. sending and receiving with control.	Cricket Develop skills to field successfully including send, receiving, retrieving. Acquire skills to strike a ball.	Athletics Develop skills to perform to maximum capacity when running, jumping and throwing
Year 2	Ball skills Acquire and develop skills to control a ball in different ways. Including throwing, and catching with a basketball.	Physical literacy/yoga Link to Infant Agility focus on balance, jumping, running, target activities	Ball skills Acquire and develop skills to control a ball in different ways. Including kicking in football.	Hockey Develop skills to field successfully including send, receiving, retrieving. Acquire skills to strike a ball.	Tag rugby Develop skills to travel with, send & receive a ball.	Athletics Develop skills to perform to maximum capacity when running, jumping and throwing

3/4	OAA Develop basic team building / orienteering.	Dance Develop and explore all dance actions and skills. Perform short sequences	Gym Develop further Gym skills performing sequences with strength, quality and control	Tennis Develop skills for tennis. sending and receiving with control. Use tactics to out opponent.	Cricket Develop skills playing striking & fielding games. Develop basic attacking and defending	Rounders Develop catching and throwing and batting skills and the rules of rounders.
3/4	Football Develop skills and knowledge of invasion sports, their differences and similarities	Netball Develop skills and knowledge of invasion sports, their differences and similarities	Tag rugby Develop skills and knowledge of invasion sports, their differences and similarities	Hockey Develop skills playing striking & fielding games. Develop basic attacking and defending	Swimming To develop water confidence and swimming stroke technique for main strokes.	Athletics Develop skills to perform to maximum capacity when running, jumping and throwing
5/6	OAA Develop / Master Personal & Team challenge / basic orienteering	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.	Tennis Master skills for tennis using control. Use tactics to out opponent. Analyse and improve	Cricket Master skills playing striking & fielding games. Develop basic attacking and defending	Rounders Develop/master catching and throwing and batting skills and understand the rules of rounders.
5/6	Football Use tactics and team strategy to outwit opponent. Use information to improve performance.	Netball Use tactics and team strategy to outwit opponent. Use information to improve performance.	Tag rugby 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, 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. To swim 25m unaided. To have self-rescue skills.