



How this document is to be used:

- During planning for the teaching of PE the following document will support staff in ensuring coverage of the National Curriculum objectives.

EYFS

| | Autumn Term | | Spring Term | | Summer Term | |
|--|---|--|--|---|---|---|
| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| | Body management Travelling on different parts of the body; introduction to different apparatus; Focus on moving, control and co-ordination | Body management Balance on different parts of the body; travel under, over and through apparatus, Negotiate space | Dance Action rhymes and rhythms, dance a nursery rhyme/story | Dance Agility and co-ordination, Dance to known songs, make up a dance to a known song. | Games Running, jumping, Rolling activities, aiming activities, sending and receiving | Games Rolling activities, aiming activities, sending and receiving, throwing |

Year 1 and 2

| | Autumn Term | | Spring Term | | Summer Term | |
|----------|--------------------|---------------------------|--|--------------------|--------------------|-----------------------|
| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| A | KS1 Games – Unit 1 | Dance – Celebrations unit | Gymnastics – Basic skills Travelling with jumping and landing | KS1 Games – Unit 4 | Athletics – Unit 2 | Striking and Fielding |
| B | Net and Wall Games | Dance - Animals unit | Gymnastics – Basic skills Directions and pathways | KS1 Games – Unit 2 | Athletics -Unit 2 | KS1 Games – Unit 3 |

Year 3 and 4

| | Autumn Term | | Spring Term | | Summer Term | |
|----------|-------------|-----------------------|---|--------------------|-------------|--------------------------|
| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| A | Tag Rugby | Hockey | Gymnastics – Flight | Dance – Weather | Athletics 1 | Cricket |
| B | Basketball | Dance – Rainforest | Gymnastics – Symmetry and Asymmetry | Football | Athletics 2 | Striking and Fielding |

Year 5 and 6

| | Autumn Term | | Spring Term | | Summer Term | |
|----------|-------------|---------------------------|--------------------------------|-----------|--------------------|--------------------------|
| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| A | Tennis | Gymnastics – Sequences | Dance - WW2 | Tag Rugby | Athletics – Unit 1 | Striking and fielding |
| B | Netball | Hockey | Gymnastics – Counterbalance | Football | Athletics – Unit 2 | OAA (Orienteering) |

These lessons follow the Arena Schemes of work planning.

Swimming is taught from Year 1 – 6. When swimming is taught during the academic year differs year on year. This information can be found on the class curriculum maps.

Adventurous activity days are planned in as blocks and not weekly lessons.