

PE 2016 -2017	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1 (Forest Schools)	GAMES Rolling, throwing, catching, kicking, receiving and striking a ball. Apply skills in small games situation.	GYMNASTICS Perform basic gymnastic actions. GYMNASTICS Perform basic gymnastic actions.	GAMES ACTIVITIES 1 and 2 (LCP) Develop basic game playing skills, in particular throwing and catching. Use skills, strategies and tactics to outwit the opposition.	GYMNASTICS Link and repeat simple gymnastic actions. NET/WALL GAMES Send and return a ball accurately. Use fore-hand and backhand. Apply skills in small game situations.	ATHLETICS(LCP) Throwing at targets. Running effectively. Jumping and landing with control GAMES Show control and accuracy in passing and receiving the ball. Finding space (Football)	DANCE Science link 'Animal Allsorts' OAA Follow a trail and navigate using a map. Work collaboratively and solve problems.
Year 2	DANCE Science link Keeping fit and healthy. GAMES Rolling, throwing, catching, kicking, receiving and striking a ball. Apply skills in small games situation.	GYMNASTICS Create sequence and perform actions with increased control. GYMNASTICS Create sequence and perform actions with increased control.	GAMES ACTIVITIES 1 and 2(LCP) Develop basic game playing skills, in particular throwing and catching. Use skills, strategies and tactics to outwit the opposition.	GYMNASTICS Adapt sequence to include apparatus or a partner NET/WALL GAMES Send and return a ball accurately. Use fore-hand and backhand. Apply skills in small game situations.	ATHLETICS (LCP) Throwing at targets. Running effectively. Jumping and landing with control OAA Follow a trail and navigate using a map. Work collaboratively and solve problems.	GAMES Show control and accuracy in passing and receiving the ball. Finding space (Football) STRIKING?FIELDING GAMES Throwing and catching a ball, aiming, hitting and bowling accurately. Apply skills in games.
Year 3	GYMNASTICS Perform forward roll, rug roll, shoulder roll within sequences. SKIP 2B FIT CHALLENGES ICT Link. Promote healthy and active lifestyles.	GAMES Use a range of skills to keep possession of the ball. Make progress towards a goal by finding space. (Football) GYMNASTICS Perform forward roll, rug roll, shoulder roll within sequences.	SWIMMING Swim 25-30m unaided. Improve stroke technique.. GAMES NETBALL Pass ball in 3 diff ways, learn footwork rule, finding space and practice shooting techniques.	SWIMMING Swim 25-30m unaided. Improve stroke technique. DANCE Inspire topic link 'Shake, Rock and Roll'	ATHLETICS Practise running, jumping and landing. Throw with greater accuracy. STRIKING/FIELDING GAMES Throw and strike ball with accuracy, intercept ball as a fielder, work as a team and apply tactics	NET/WALL GAMES (LCP) Bouncing and catching, practice racket skills, positioning on the court. OAA Complete orienteering course, work collaboratively.
Year 4 (Forest Schools)	GYMNASTICS Perform a range of rolls with control. Show movement phases within sequences. GAMES TAG RUGBY Learn to pass backwards, select ways to attack and defend.	DANCE Inspire topic link-myths in the Dark Ages. GYMNASTICS Perform a range of rolls with control. Show movement phases within sequences.	GAMES Travel with a ball using both feet. Show control when passing and receiving. (Football) GAMES NETBALL Pass ball in 3 different ways, learn footwork rule, finding space and practice shooting techniques.	GAMES HOCKEY Learn to dribble ball using hockey stick, pass and receive, apply skills in games. NET/WALL GAMES (LCP) Bouncing and catching, practice racket skills, positioning on the court.	ATHLETICS Practise running, jumping and landing. Throw with greater accuracy. STRIKING/FIELDING GAMES Throw and strike ball with accuracy, intercept ball as a fielder, work as a team and apply tactics	OAA Complete orienteering course, work collaboratively.
Year 5	SWIMMING Swim 25-30m/50-100m unaided. Improve stroke techniques . GAMES HOCKEY Pass and receive while travelling, apply tactics of attack and defence.	SWIMMING Swim 25-30m/50-100m unaided. Improve stroke techniques. GAMES BASKETBALL Refine techniques for passing and travelling, learn to use body to attack and defend, refine shooting techniques.	GYMNASTICS Perform rolls. Create shapes that maintain quality when with partner or on apparatus. DANCE Inspire Topic Link 17th Century Dance	GAMES Dribbling, turning with a ball, passing and receiving with control, shooting skills. Develop attacking and defending skills . (Football) GYMNASTICS Perform rolls. Create shapes that maintain quality when with partner or on apparatus.	CHANCE TO SHINE CRICKET Bowling at a target. Throwing and catching challenges. Small sided competitive games. ATHLETICS Sustain exercise to improve stamina, hurdle with control, throw for greater distance, take off and landing.	TOP UP SWIMMING SPORTS LEADER TRAINING OAA (Outdoor Ed Week) NET/WALL GAMES (LCP) Refine forehand and backhand techniques, show control when rallying and volleying, apply tactics when playing games.
Year 6	INVASION GAMES Refine dribbling, turning with a ball, passing and receiving with control, shooting skills. Show tactical awareness. (Football) GAMES HOCKEY Pass and receive while travelling, apply tactics of attack and defence.	GYMNASTICS Perform rolls with different entrance and exit within sequences. GAMES BASKETBALL Refine techniques for passing and travelling, learn to use body to attack and defend, refine shooting techniques.	GYMNASTICS Perform rolls with different entrance and exit within sequences. GAMES TAG RUGBY Passing ball backwards while travelling with accuracy, refine ways to attack and defend, apply tactics in games.	GAMES NETBALL Refine passing skills. Show tactical awareness of defence and attack, play high 5s. NET/WALL GAMES (LCP) Refine forehand and backhand techniques, show control when rallying and volleying, apply tactics when playing games.	CHANCE TO SHINE CRICKET Bowling at a target. Throwing and catching challenges. Small sided competitive games. DANCE Inspire topic link 'A Chance to Shine'	TOP UP SWIMMING ATHLETICS Sustain exercise to improve stamina, hurdle with control, throw for greater distance, take off and landing. OAA Complete orienteering course, work collaboratively.