

Physical Education 2025- KS1

Year group	Hour	Autumn 1 Sep-Oct	Autumn 2 Nov-Dec	Spring 1 Jan-Feb	Spring 2 Mar-Apr	Summer 1 May-Jun	Summer 2 Jun-Jul
R	1	Multi Skills Throwing & catching	Gymnastics Pathways	Multi Skills dribbling Feet, hands, equipment	Net and Wall <u>Basic Racket Techniques</u> (co-ordination) tennis	Athletics Sports Day Practice	Hit Catch & Run Kick Cricket
	1	Multi Skills introduction to ABC	Dance Starry Sky	Multi Skills Passing & Shooting Feet, Hands, Equipment	Speed, Agility & Travel Tagging Games	Multi Skills Knock your socks off (Dodgeball)	Team building
1	1	Multi Skills Throwing & catching	Dance The Seasons	Multi Skills dribbling Feet, Hands, equipment	Speed, Agility & Travel Tagging Games	Multi Skills Dodgeball (Introduction)	Hit Catch & Run Throw Rounders

	1	Multi Skills introduction to ABC	Gymnastics High and Low	Multi Skills Passing & Shooting Feet, Hands, Equipment	Net and Wall <u>Basic Racket Techniques</u> (co-ordination) tennis	Athletics Sports Day Practice	Team building
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2	1	Multi Skills Throwing & catching	Dance Toys	Multi Skills Passing & Shooting Feet, Hands, Equipment	Speed, Agility & Travel Tagging Games	Multi Skills Dodgeball	Hit Catch & Run
	1	Multi Skills nxt level ABC	Gymnastics Points and Patches	Multi Skills dribbling Feet, hands, equipment	Net and Wall <u>Basic Racket Techniques</u> (co-ordination) tennis	Athletics Sports Day Practice	Team building