



EYFS and KSI National Curriculum Requirements

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- Perform dances using simple movement patterns.

Year Group		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS		First PE	Gymnastics	Superhero Dance	Multi-Skills	Tennis	Athletics
Year 1	Session 1	Jungle Dance	Gymnastics	Ball Skills	Attacking & Defending Team Games	Circuit Training	Kwik Cricket
	Session 2	Forest School	Forest School	Forest School	Forest School	Forest School	Forest School
Year 2	Session 1	Gymnastics	Indoor Athletics	Kurling	Space Dance	Yoga	Tennis
	Session 2	Forest School	Multi-Skills	Social Dodgeball	Mini Muay Thai	Athletics	Forest School



KS2 National Curriculum Requirements

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Year Group		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Session 1	Gymnastics	Self-Defence	Fitness	Romans Dance	OAA (Outdoor Adventurous Activities)	Athletics
	Session 2	Swimming	Swimming	Netball	Football	Cricket	Games - Rounders
Year 4	Session 1	Indoor Athletics	Gymnastics	Basketball	Yoga	Athletics	Olympic Dance
	Session 2	Multi-Skills	Hockey	Leadership	Tag Rugby	Tennis	Tri-Golf
Year 5	Session 1	Gymnastics	Martial Arts Dance	Badminton	Dance	Fitness	Athletics
	Session 2	Dodgeball	Netball	Football	OAA (Outdoor Adventurous Activities)	Cricket	Games - Rounders
Year 6	Session 1	Indoor Athletics	Gymnastics	Dance	Leadership	Mini Muay Thai	Athletics
	Session 2	Multi-Skills	Hockey	Tag Rugby	Archery	Tennis	Basketball