

Key stage 1

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 co-ordination, 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.

Key stage 2

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.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Cycle A – Children complete Forest School every week and Commando Joes on alternate weeks to Physical Education topics. CalmBrain is also delivered every day to help with mental well-being.						
Cycle B – Children complete Forest School every week and Commando Joes on alternate weeks to Physical Education topics. CalmBrain is also delivered every day to help with mental well-being.						
Classes Year Groups	Autumn 1 Gymnastics	Autumn 2	Spring 1 Dance	Spring 2	Summer 1	Summer 2 Summer Sports
Class 1 Reception	Gymnastics Travel VS R Unit A and C	Throwing and Catching PoPE EYFS Team Building COJO	Dance VS R Unit 4	Invasion Games Team Building COJO	Parachute Games	Athletics Sports Day Skills Improve Agility PoPE R
Class 2 Year 1 Year 2	Gymnastics Rocking and Rolling VS Y1 Unit F	Throwing and Catching PoPE Y1	Dance VS Y1 Unit 2	Gymnastics Wide/Narrow/Curled VS Y1 Unit G	Striking and Fielding PoPE Y1	Football PoPE Y1 Improve Balance PoPE Y1
Class 2 Year 1 Year 2	Gymnastics Turning/Spinning/Twisting VS Y2 Unit J	Striking and Fielding PoPE Y2	Dance VS Y2 Unit 2	Gymnastics Linking Movements Together VS Y2 Unit K	Football PoPE Y2	Athletics Sports Day Skills Archery PoPE Y2
Class 3 Year 3 Year 4	Gymnastics Symmetry/Asymmetry VS Y3 Unit M	Ultimate Frisbee PB Y3	<u>Swimming</u>	Gymnastics Rolling VS Y4 Unit S	Football PoPE Y3	Multi-Skills PoPE Y2 Orienteering PoPE Y3
Class 3 Year 3 Year 4	Gymnastics Balance VS Y4 Unit P	Tennis/Table Tennis PoPE Y4	<u>Swimming</u>	Rounders PoPE Y3	Tri-Golf PB Y4	Athletics Sports Day Skills Ultimate Frisbee PB Y3
Class 4 Year 5 Year 6	Gymnastics Spinning and Turning VS Y5 Unit W	Tennis/Table Tennis PoPE Y5 and Y6	Dance VS Y4 Unit 12 – 18 Electricity	Football PoPE Y5 and Y6	Basketball PoPE Y4 and Y5	Athletics Sports Day Skills Archery
Class 4 Year 5 Year 6	Gymnastics Working together M/M/C VS Y6 Unit X	Dodgeball PoPE Y5 and Y6	Dance VS Y5 Unit 28 – 30 Volcanoes	Netball PoPE Y5 and Y6	Tag Rugby PoPE Y4 and Y5	Hockey PoPE Y4 and Y5 Cricket PoPE Y4 and Y5