

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Key stage 1						
Reception	Introduction to PE- Unit 2	Dance- Unit 2	Gymnastics- Unit 2	Fundamentals- Unit 2	Games- Unit 2	Ball skills- unit 2
Key skills	Run, jump, throw, catch, roll, skip	Actions, dynamics, space	Shapes, balances, jumps, rock and roll, barrel roll, straight roll, forward roll, travelling	Run, jump, hop, balance, change direction, travel	Run, change direction, throw, catch, strike	Roll, track, throw, dribble, kick, catch
Year 1	Fundamentals	Ball skills	Gymnastics	Dance	Target games	Striking and fielding
Key skills	Balance, jump, hop, run, speed, agility, dodge, skip, co-ordination	Dribble, roll, throw, catch, track	Travelling, shapes, balances, jumps, barrel roll, straight roll, forward roll.	Actions, dynamics, space, relationships.	Underarm throw, overarm throw	Underarm throw, overarm throw, catch, track, bat
Year 2	Invasion	Team building	Gymnastics	Dance	Athletics	Net and wall
Key skills	Dribble, throw, catch, kick, receive, run, jump, change direction, change speed.	Balance, jump, run, co-ordination	Shapes, balances, travelling, shape jumps, barrel roll, straight roll, forward roll.	Actions, dynamics, space, relationships	Run, jump, throw	Throw, catch, track
Key stage 2						
Year 3	Handball	Dodgeball	Gymnastics / Dance	Badminton	Tag rugby	Athletics
Key skills	Throw, catch, run, dribble, shoot, change direction, change speed	Throw, catch, dodge, jump	Actions, dynamics, space, relationships	Underarm clear, overarm clear, serving, rallying	Throw, catch, run, change direction, change speed.	Sprint, jump, push throw, pull throw
Year 4	Netball	Invasion games	Gymnastics / Dance	Athletics	Rounders	Orienteering

Key skills	Throw, catch, change direction, change speed, shoot.	Dribble, pass, receive, tackle, intercept, run, shoot, change direction, change speed	Balances, jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand	Pace, sprint, jump for distance, push throw, fling throw, agility, balance, co-ordination, speed, stamina, strength	Underarm and overarm throw, catch, bowl, track a ball, field, retrieve, bat	Control card, markers, running, sprinting, numbers, letters and sounds.
Year 5	Gymnastics	Dodgeball	Badminton	Hockey	Athletics	Volleyball
Key skills	Symmetrical and asymmetrical balances, rotation jumps, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand	Throw, catch, dodge, block	Underarm clear, overarm clear, serving, rallying	Dribble, pass, receive, tackle, intercept, run, shoot	Pace, sprint, relay changeovers, jump for distance, push throw, pull throw	Throw, catch, jump, set, dig, serve, rally
Year 6	Athletics / Fitness	Dance	Circuits / Orienteering	Volleyball	Rounders	Invasion games
Key skills	Pace, sprint, jump for distance, push throw, fling throw, agility, balance, co-ordination, speed, stamina, strength	Actions, dynamics, space, relationships	Control card, markers, running, sprinting, numbers, letters and sounds.	Throw, catch, jump, set, dig, serve, rally	Throw, catch, bowl, bat, field	Dribble, pass, receive, tackle, intercept, run, shoot, change direction, change speed

Invasion/territory games	
Court or net/wall games	
Striking / fielding	
Target games	
Travel games	



Rhythmic or aesthetic

