



PHYSICAL EDUCATION

YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
1. Basic Movements/ Multiskills	1. Basic Movements/Spatial Awareness/Multiskills	1. Throwing and Catching	1. Throwing and Catching	1. Throwing and Catching (netball + dodgeball)	1. Throwing and Catching (basketball + dodgeball)
2. Gymnastics (Balance, Agility and Co- ordination)	2. Gymnastics (Balance, Agility and Co- ordination)	2. Dance	2. Dance	2. Gymnastics (Balance, Agility and Co-ordination)	2. Gymnastics (Balance, Agility and Co- ordination)
3. Dance	3. Dance	3. Gymnastics (Balance, Agility and Co-ordination)	3. Gymnastics (Balance, Agility and Co-ordination)	3. Dance	3. Dance
4. Throwing and Catching	4. Throwing and Catching	4. Striking and Fielding /Games (Table Tennis + Badminton)	4. Striking and Fielding /Games (Cricket + Rounders)	4. Striking and Fielding /Games (Tennis + Volleyball)	4. Striking and Fielding /Games (Hockey + Rugby)
5. Running and Jumping	5. Running and Jumping	5. Running and Jumping	5. Running and Jumping	5. Running and Jumping	5. Running and Jumping
6. Striking and Fielding/Games (Kick ball + kick rounders)	6. Striking and Fielding/Games (Football)	6. Outdoor and Adventurous	6. Outdoor and Adventurous	6. Outdoor and Adventurous	6. Outdoor and Adventurous