

PE Year Plan

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor	Indoor	Outdoor
F	Gymnastics	Multi-skills	Dance	Football	Gymnastics	Orienteering	Multi-skills	Tennis	Multi-skills	Rounders	Athletics	Athletics
1	Gymnastics	Football	Dance	Invasion Games	Gymnastics	Hockey	Multi skills	Rounders	Multi-skills	Orienteering	Athletics	Athletics
2	Gymnastics	Invasion Games	Dance	Tag Rugby	Gymnastics	Orienteering	Multi skills	Tennis	Multi-skills	Rounders	Athletics	Athletics
3	Gymnastics	Hockey	Dance	Netball	Gymnastics	Football	Multi-skills	Striking & fielding	Dodgeball	Orienteering	Athletics	Athletics
4	Gymnastics	Basketball	Dance	Orienteering	Gymnastics	Tag Rugby	Dodgeball	Tennis	Multi-skills	Rounders	Athletics	Athletics
5	Gymnastics	Netball/ Swimming	Dance	Football/ Swimming	Gymnastics	Hockey/ Swimming	Dodgeball	Orienteering/ Swimming	Health Related Exercise	Strike & Field/ Swimming	Athletics	Athletics/ Swimming
6	Gymnastics	Tag Rugby	Dance	Basketball	Gymnastics	Orienteering	HRE	Tennis	Dodgeball	Rounders	Athletics	Athletics

This year we will be using Coach Unlimited, Dance Notes and Cross-Curricular Orienteering to offer high quality PE to the children. In Foundation and Key Stage 1 children will 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.

In Key Stage 2 children will be taught to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games and apply basic tactics and 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.