

	AUT 1	AUT 2	SPR 1	SPR2	SUM 1	SUM 2
Early years and 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: <ul style="list-style-type: none"> - 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. 						
Year R						
Testlands	Fundamental skills	Fundamental skills	Fundamental skills	Fundamental skills	Fundamental skills	Fundamental skills
OPS	Dance	P.E Ground Rules and Circle Games	Gymnastic Skills	<u>Dance</u>	Sports Day Practice	Animal dance/Yoga
Year 1						
Testlands	Invasion	Gymnastics	Net/Wall	Dance	Athletics	Strike & Field - cricket
OPS	Yoga(only Y1)	<u>Basic Invasion</u>	<u>Dance</u>	Gymnastics	Sports Day Practice	Rounders

Year 2	Invasion	Gymnastics	Net/Wall	Dance	Athletics	Strike & Field - cricket
Testlands						
OPS	Dance (Titanic) Upper class dance	<u>Basic Invasion</u>	<u>Dance</u>	Gymnastics	Sports Day Practice	Rounders

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.

	AUT 1	AUT 2	SPR 1	SPR 2	SUM 1	SUM 2
Year 3	Invasion	Gymnastics	Net/Wall	Invasion	Athletics	Strike and Field Cricket
Testlands						
OPS	OAA	<u>Health and Fitness</u>	<u>Dance</u>	Gymnastics	Sports Day Practice	Rounders

Year 4	Invasion	Creative Learning	Net/Wall	Invasion	Athletics	Strike and Field Cricket
Testlands						
OPS	OAA	Health and Fitness	Dance Lion King	Gymnastics	Sports Day Practice	Rounders
Year 5	Invasion	Gymnastics	Net/Wall	Net/Wall	Athletics	Strike and Field Cricket
Testlands						
OPS	OAA	Health and Fitness	Dance	Netball	Sports Day Practice	Rounders
Year 6	Invasion	Gymnastics	Net/Wall	Netball	Athletics	Strike and Field Cricket
Testlands						
OPS	OAA	Health and Fitness	Dance	Netball	Sports Day Practice	Rounders