

		KS1 National Curriculum Objectives <i>Pupils should be taught:</i>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE Year 1	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.		Throwing and Catching (outdoor) - Pre-cursor to netball/ basketball - Underarm/ overarm with one arm - Hand position for catching - Aim at target - Throw and run - Defend a target		Invasion Games (outdoor) - Links to football/ netball/ hockey - Apply throwing and catching - Passing - Spacing - Tactics for attacking/ defending		Athletics (outdoor) - Multi-skills - Co-ordination (e.g. move equipment) - Jump over hurdles - Throw and catch	
	To participate in team games, developing simple tactics for attacking and defending							
	To perform dances using simple movement patterns.		Dance (indoor) - Put 3 positions in sequence - Travel in different ways	Dance (indoor) - Kicks dance		Gymnastics (indoor) - Hold body in a position (e.g. arch) - Balances	Gymnastics (indoor) - Practise/ perform sequences - Balances	
		KS1 National Curriculum Objectives <i>Pupils should be taught:</i>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE Year 2	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.		Gymnastics (indoor)				Athletics/Agility	
	To participate in team games, developing simple tactics for attacking and defending			Football (outdoor) - ProDirect - Move/control ball - Attack/ defend 1 v 1	TAG Rugby (outdoor) - Defend using own body - Basic rules		Netball/ Throwing & Catching (outdoor) - Spacing when passing - Throw and catch with control - Tactics to find a space	
	To perform dances using simple movement patterns.				Dance (indoor) - Kicks dance			

KS2 National Curriculum Objectives <i>Pupils should be taught:</i>		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
PE Year 3	To use running, jumping, throwing and catching in isolation and in combination		Football (outdoor) - ProDirect - Passing - Dribbling - Mini-games		Netball (outdoor) - Passing - Catching - Throwing - Shooting - Marking 1:1	Athletics (outdoor) - Long distance running (400m) - Sprinting (60m) - Throwing (howler) - Jumping (long) - Hurdles - Slalom relay	Tennis (outdoor) - Hitting/ control ball - Hit to partner/ over line - Begin rallies	
	To 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							
	To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Gymnastics (indoor) - Travelling in different ways - Sequencing positions with pathways		Country Dancing (indoor)				
	To perform dances using a range of movement patterns							
	To compare their performances with previous ones and demonstrate improvement to achieve their personal best							
	To take part in outdoor and adventurous activity challenges both individually and within a team							
	To swim competently, confidently and proficiently over a distance of at least 25m; use a range of strokes effectively; perform safe self-rescue in different water-based situations	Swimming						
PE Year 4	To use running, jumping, throwing and catching in isolation and in combination	Hockey (outdoor) - Use of stick - Control, pass and receive the ball - Dribble		Stoolball (outdoor) - Striking - Fielding - Bowling - Game rules - Play full games		Athletics (outdoor) - Long distance running (400m) - Sprinting (60m) - Throwing (howler) - Jumping (long) - Hurdles - Slalom relay	Rounders (outdoor) - Striking - Fielding - Bowling - Game rules	
	To 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							
	To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Gymnastics (indoor) - Sequences with smooth transitions	Indoor Athletics - Competition events	Dance (indoor) - Kicks dance	TAG Rugby (outdoor) - Pass/ receive ball - Move forwards in a line formation			
	To perform dances using a range of movement patterns							
	To compare their performances with previous ones and demonstrate improvement to achieve their personal best							
	To take part in outdoor and adventurous activity challenges both individually and within a team							
To swim competently, confidently and proficiently over a distance of at least 25m; use a range of strokes effectively; perform safe self-rescue in different water-based situations								

	KS2 National Curriculum Objectives <i>Pupils should be taught:</i>	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
PE Year 5	To use running, jumping, throwing and catching in isolation and in combination	Netball (outdoor) - Rules and positions - Attack and defence - 5 a-side - 7 a-side		Hockey (outdoor) - Move at speed with the ball - Marking - 3 v 3 games - Basic rules	TAG Rugby (outdoor) - Correct backwards pass and movement along the line - Tagging/ avoiding - Spacing - Mini games	Tennis (outdoor) - Ball control - Serving - Rallies - Hit over net	Rounders (outdoor) - Striking - Long range throwing - Positions - Full games	
	To play competitive games, modified where appropriate [badminton, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending							
	To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Gymnastics (indoor) - shapes: tuck, straddle, pike, arch, dish - balances and counter balances - rolls: teddy, forward, pencil - sequences - evaluate and improve		Dance (indoor) - attend to a rhythm or beat - improvise routines - perform	Dance (indoor) - Kicks dance	Cricket (outdoor) - Bowling - Game rules	Athletics (outdoor) - Sprinting (100m) - Throwing (tennis) - Jumping (long) - Hurdles - Slalom relay - Circular relay	
	To perform dances using a range of movement patterns							
	To compare their performances with previous ones and demonstrate improvement to achieve their personal best							
	To take part in outdoor and adventurous activity challenges both individually and within a team	Sayers Croft						
	To swim competently, confidently and proficiently over a distance of at least 25m; use a range of strokes effectively; perform safe self-rescue in different water-based situations							
PE Year 6	To use running, jumping, throwing and catching in isolation and in combination	Hockey (outdoor) - Use of stick - Control, pass and receive the ball - Dribble		TAG Rugby (outdoor) - Game rules - Full games - Tactics		Rounders (outdoor) - Striking - Long range throwing - Full games - Tactics and decision making	Athletics (outdoor) - Sprinting (100m) - Throwing (tennis) - Jumping (long) - Hurdles - Slalom relay - Circular relay	
	To 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							
	To develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Gymnastics (indoor) - Rehearse and improve on a taught routine (key steps) - Forward roll, cartwheel, arabesque - Precision in extension - Precision in transitions		Cross Country	Dance (indoor) - Kicks dance	Cricket (outdoor) - Bowling - Game rules/ scoring	Badminton/ tennis - Game rules	
	To perform dances using a range of movement patterns							
	To compare their performances with previous ones and demonstrate improvement to achieve their personal best							
	To take part in outdoor and adventurous activity challenges both individually and within a team	Fairthorne						
To swim competently, confidently and proficiently over a distance of at least 25m; use a range of strokes effectively; perform safe self-rescue in different water-based situations								