



Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Reception	Locomotion: Walking and Jumping		Ball Skills Hands 1		Gymnastics: High, Low, Over, Under		Dance Nursery Rhymes		Ball Skills Feet		Games For Understanding	
Year 1	Locomotion: Running	Dance: Growing	Ball Skills Hands 1	Dance: The Zoo	Ball Skills Feet	Gymnastics: Wide, Narrow, Curled	Ball Skills Hands 2	Gymnastics: Body Parts	Locomotion: Jumping	Swimming	Team Building	Health and Wellbeing
Year 2	Locomotion: Dodging	Dance: The Water	Ball Skills Hands 1	Dance: Explores	Ball Skills Feet	Gymnastics: Linking	Ball Skills Hands 2	Swimming	Locomotion: Jumping	Games For Understanding	Team Building	Health and Wellbeing
Year 3	Invasion: Netball	Dance: Wild Animals	Invasion: Handball	Dance: Weather	Swimming	Gymnastics Symmetry & Asymmetry	Invasion: Tag Rugby	Gymnastic: recap	Net / Wall Tennis	OAA: Problem Solving	Striking & Fielding Rounds	Athletics
Year 4	Swimming	Dance: Cats	Invasion: Handball	Dance: Space	Invasion: Basketball	Gymnastics: Bridges	Invasion: Tag Rugby	Gymnastic; Recap	Net / Wall Tennis	OAA: Problem Solving	Striking & Fielding Rounds	Athletics
Year 5	Invasion: Netball	Dance: The Circus	Swimming	Health Related Exercise Using Dance	Invasion: dodgeball (planned by PE lead)	Gymnastics: Counter Balance and Counter Tension	Invasion: Team building games with Southend united		Striking & Fielding Rounds	Net / Wall Tennis	Striking & Fielding Cricket	Athletics
Year 6	Invasion: Netball	Health Related Exercise	Invasion: Football	Invasion: Basketball		Net/Wall Tennis		Striking & Fielding Cricket		Striking & Fielding Cricket	Dance/gym project with dance instructor	Athletics