

			Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
			Health Related Fitness	Invasion Games	Outdoor & Adventure	Dance	Invasion Games	Gymnastics	Sports Leaders	Net and Wall	Athletics Field	Athletics Track	Team Games	Striking and Fielding
N	EYFS	Cycle A	Throwing and Catching Bowling [Gross motor skills] PEP: Foundation throwing and catching		Outdoor Play Den Building [Building relationships]		Me and Myself Bones, Muscles and Body Parts [Managing self] PEP: Foundation me and myself		Playground Games Cooperative Fun Games [Building relationships] PEP: Foundation fun and games		Beep Beep! Spatial Awareness [Gross motor skills] PEP: Foundation movement development		On Your Marks, Get Set, Go! Traditional & Fun Races [Gross motor skills] PEP: Foundation fitness	
		Cycle B	Ball Skills Handling and Control [Fine motor skills] PEP: Foundation ball skills		Creative Movement Emotions, Expressions and Mirroring [Coordination] PEP: Foundation dance		Twist, Bend and Extend Core Gymnastic Shapes [Coordination & Balance] PEP: foundation movement development		Treasure hunt Basic map skills [Building relationships]		Through the Gears Stopping, Starting & Changing Speed [Agility] PEP: Foundation Fitness		Fun Games Games of Choice [Gross motor skills] PEP: Foundation fun and games	
Y1	KS1	Cycle A	Systems in Your Body Digestion, Breathing, Blood and the Brain [Knowledge & understanding of health & fitness]	Multi Skills passing and ball control [Develop fundamental movement skills] PEP: Year 1 handball PEP: Year 2 handball	Active Travel Scooters / Bike Skills [Develop confidence]	Dance From Around The World Develop a Routine and Counting to a Beat [Perform dances using simple movement patterns] PEP: Year 1 dance	Multi Skills Opposed Throwing and Catching [Develop fundamental movement skills] PEP: Year 1 basketball	Monkeys In The Jungle Agility and balance [Develop agility, balance and coordination], PEP: Year 1 Gymnastics	Character & Values St Chad's Values in PE [Develop character and values]	Dodgeball Throwing & Catching [Apply skills to a range of activities] PEP: Year 1 dodgeball PEP: Year 2 dodgeball	A Spring In Your Step Jumping for Distance [Develop fundamental movement skills]	Race Cars Coordination and movement [Develop fundamental movement skills] PEP: Year 1 Athletics PEP: Year 2 Athletics	Team Games Team Games of Choice [Develop simple tactics for attack] PEP: Year 1 choice of games PEP: Year 2 choice of games	Cricket Ball skills [Develop fundamental movement skills] PEP: Year 1 cricket PEP: Year 2 cricket
		Cycle B	What Happens When we Exercise? The Effects of Exercise [Knowledge & understanding of health & fitness] PEP: Year 2 fitness	Multi Skills Developing control [Develop fundamental movement skills] PEP: Year 1 basketball PEP: Year 2 basketball PEP: Year 1 hockey PEP: Year 2 hockey PEP: Year 1 football PEP: Year 2 football	Hmmm Team Building & Problem Solving Skills [Working individually and with others]	Creatures of the Night Follow a Dance Phrase using Union and Expressing Emotions [Perform dances using simple movement patterns] PEP: Year 2 dance	Multi Skills Opposed Throwing and Catching [Develop fundamental movement skills] PEP: Year 1 handball PEP: Year 2 handball	Gymnastics Foundations Traveling and linking shapes [Develop agility, balance and coordination] PEP: Year 2 Gymnastics	Paralympic, Olympic & British Values St Chad's Values in PE [Develop character and values]	Volleyball Sending and Receiving [Develop technique and control] PEP: Year 1 volleyball PEP: Year 2 volleyball	3,2,1 Blast Off Jumping for Height [Develop fundamental movement skills]	Race Cars Running and sprinting [Develop fundamental movement skills] PEP: Year 1 Athletics PEP: Year 2 Athletics	Team Games Team Games of Choice [Develop simple tactics for defence] PEP: Year 1 choose a games unit PEP: Year 2 choose a games unit	Bats, Sticks and Clubs! Striking With an Implement [Develop fundamental movement skills] PEP: Year 1 golf PEP: Year 2 golf PEP: Year 1 hockey PEP: Year 2 hockey PEP: Year 1 tennis PEP: Year 2 tennis
Y3	LKS2	Cycle A	Body Builders Circuit Training Strength, Power and Muscular Endurance [Develop strength] PEP: Year 3 fitness	Netball Receiving and sending [Develop a broader range of skills] PEP: Year 3/4 netball	Let's Take this Outside Hiking Offsite Trip [Take part in outdoor and adventurous challenges both individually and in a team]	Street Dance Coreography of a Dance using Tutting, Canons and Levels in Pairs or Small Groups [Perform dances using a range of movement patterns] PEP: Year 3 dance	Handball Creating Space to Receive [Develop a broader range of skills] PEP: Year 3/4 handball	Up and Down Creating sequences of movement [Develop balance] PEP: Year 3 Gymnastics	Be the Teacher! Active Listening Skills [Enjoy communicating with each other]	Dodgeball Aiming and dodging [Enjoy collaborating with each other] PEP: Year 3 dodgeball PEP: Year 4 dodgeball	Triple Jump Using Video Technology to Improve Performance [Compare and improve performances to achieve their personal best]	Speed Monsters! Running, sprinting, jumping and throwing [Compare and improve performances with previous ones to achieve their personal best] PEP: Year 3 Athletics PEP: Year 4 Athletics	Intra-Class Tournaments Multiports Competitions [Enjoy competing with each other] PEP: Year 3 choose a games unit PEP: Year 4 choose a games unit	Cricket Striking With Feet [Develop a broader range of skills] PEP: Year 3 cricket PEP: Year 4 cricket
		Cycle B	Benefits of Physical Activity Bodyweight Exercises [Compare and improve performances with previous ones to achieve their personal best] PEP: Year 4 fitness	Benchball Blocking and Marking [Develop a broader range of skills] PEP: Year 4 football OR hockey	Robin Hood Archery Skills [Take part in outdoor and adventurous challenges both individually and in a team] [Enjoy collaborating with each other]	Strike a Pose Coreography of a Dance Phrase Using Union and Floorwork at Different Levels [Perform dances using a range of movement patterns] PEP: Year 4 dance	Basketball Passing and Shooting [Develop a broader range of skills] PEP: Year 3/4 basketball	Advanced Balances Landing [Develop balance] PEP: Year 4 Gymnastics	Inclusive Sports Boccia, New Age Kurling and or Disability Sports [Enjoy communicating with each other]	Racket Sports Cooperative Rallies [Develop technique and control] PEP: Year 3 tennis PEP: Year 4 tennis	Javelin Pull Throw [Use skills in isolation and combination]	Horse Racing communication [Use skills in isolation and combination] PEP: Year 3 Athletics PEP: Year 4 Athletics	Intra-Class Tournaments Multiports Competitions [Enjoy competing with each other] PEP: Year 3 choose a games unit PEP: Year 4 choose a games unit	Rounders Strike With an Implement [Develop a broader range of skills] PEP: Year 3 rounders PEP: Year 4 rounders
Y5	UKS2	Cycle A	Self Care Yoga, Mindfulness and Stretching [Develop flexibility]	Football Attacking and defending [Apply a broader range of skills] PEP: Year 5 football PEP: Year 6 football	Back in Time Bushcraft Survival Skills [Take part in outdoor and adventurous challenges both individually and in a team] [Enjoy collaborating with each other]	The Olympic Story Performance of a Dance That Involves Characters [Perform dances using a range of movement patterns] PEP: Year 5 dance	Hockey When to Pass, Dribble or Shoot in a Game Situation [Apply a broader range of skills] PEP: Year 5 hockey PEP: Year 6 hockey	Through the levels Adapting level and speed [Link skills to make actions and sequences of movement] PEP: Year 5 Gymnastics	Mr Bee's Bootcamp Resilience, Perseverance and Belonging [Enjoy communicating with each other] PEP: Year 5 fitness	Tennis Cooperation and targetting [Develop technique and control] PEP: Year 5 tennis PEP: Year 6 tennis	Shot Putt Push Throw [Compare and improve performances to achieve their personal best]	Hang in There Running for seped and distance [Evaluate and recognise their own success] PEP: Year 5 Athletics PEP: Year 6 Athletics	Intra-Class Tournaments Invasion Games of Choice [Principles of attack] PEP: Year 5 choose an invasion games unit PEP: Year 6 choose an invasion games unit	Cricket Bowling, fielding and batting [Apply a broader range of skills] PEP: Year 5 cricket PEP: Year 6 cricket
		Cycle B	Body Builders Circuit Training Strength, Power and Muscular Endurance [Compare and improve performances with previous ones to achieve their personal best] PEP: Year 6 fitness	Tag Rugby Defending Space Individually and With Others [Apply a broader range of skills] PEP: Year 5 tag rugby PEP: Year 6 tag rugby	Maps and Laps! Orienteering [Take part in outdoor and adventurous challenges both individually and in a team] [Enjoy collaborating with each other]	Cheerleading Performance Using a Range of Formations [Perform dances using a range of movement patterns] PEP: Year 6 dance	Handball Selecting and Applying Appropriate Throws in a Game Situation [Apply a broader range of skills] PEP: Year 5 handball PEP: Year 6 handball	On a Roll! Level, speed and direction [Link skills to make actions and sequences of movement] PEP: Year 6 Gymnastics	Leaders of The Future Sports Leaders UK Playmakers Award [Enjoy communicating with each other] SLUK Playmakers Award Scheme of Work	Badminton Serving [Develop technique and control] PEP: Year 5 badminton PEP: Year 6 badminton	Discuss String Throw [Evaluate and recognise their own success]	Running & Relays Passing and communicating [Enjoy competing with each other] PEP: Year 5 Athletics PEP: Year 6 Athletics	Intra-Class Tournaments Invasion Games of Choice [Principles of defence] PEP: Year 5 choose an invasion games unit PEP: Year 6 choose an invasion games unit	Rounders Strike with an Implement [Apply a broader range of skills] PEP: Year 5 rounders PEP: Year 6 rounders