

		Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
		Health Related Fitness	Invasion Games	Outdoor & Adventure	Dance/Gymnastics	Invasion Games	Dance/Gymnastics	Sports Leaders	Net and Wall	Athletics Field	Athletics Track/Striking and fielding	Team Games/Gymnastics apparatus	Athletics/Striking and Fielding
EYFS	Cycle A	Throwing and Catching Throwing and catching [Gross motor skills] PEP: Foundation throwing and catching		Den Building Communication [Building relationships]		Me and Myself Gross Motor skills [Managing self] PEP: Foundation me and myself		Playground Games Communication [Building relationships] PEP: Foundation fun and games		Movement Development Spatial Awareness [Gross motor skills] PEP: Foundation movement development		Fitness Gross Motor skills [Gross motor skills] PEP: Foundation fitness	
	Cycle B	Ball Skills Handling and Control [Fine motor skills] PEP: Foundation ball skills		Dance Creative movement [Coordination] PEP: Foundation dance		Twist, Bend and Extend Shapes and Balances [Coordination & Balance] PEP: foundation movement development		Treasure hunt Basic map skills [Building relationships]		Fitness Stopping, Starting & Changing Speed [Agility] PEP: Foundation Fitness		Fun Games Direction and space awareness [Gross motor skills] PEP: Foundation fun and games	
KS1	Cycle A	Systems In Your Body Breathing techniques [Knowledge & understanding of health & fitness]	Handball ball control [Develop fundamental movement skills] PEP: Year 1 handball	Active Travel Scooters / Bike Safety/Skills [Develop confidence]	Dance Movement patterns [Perform dances using simple movement patterns] PEP: Year 1 dance	Netball Opposed Throwing and Catching [Develop fundamental movement skills] PEP: Year 1 Netball	Dance Movement patterns [Perform dances using simple movement patterns] PEP: Year 2 dance	St Chad's Values in PE Communication and teamwork [Develop character and values]	Dodgeball Throwing & Catching [Apply skills to a range of activities] PEP: Year 1 dodgeball	Athletics Jumping for Distance [Develop fundamental movement skills]	Athletics Coordination and movement [Develop fundamental movement skills] PEP: Year 1 Athletics	Team Games Complete against others [Develop simple tactics for attack]	Athletics Running, Jumping and Throwing [Develop fundamental movement skills] PEP: Year 2 Athletics
	Cycle B	Fitness Understanding The Effects of Exercise [Knowledge & understanding of health & fitness] PEP: Year 2 fitness	Football Developing control [Develop fundamental movement skills] PEP: Year 2 football	Team Building & Problem Solving Skills Communication [Working individually and with others]	Gymnastics Agility and balance [Develop agility, balance and coordination]. PEP: Year 1 Gymnastics	Multi Skills Opposed Throwing and Catching [Develop fundamental movement skills] PEP: Year 2 handball	Gymnastics Travelling and linking shapes [Develop agility, balance and coordination] PEP: Year Gymnastics PEP: Year 2 Gymnastics	Paralympic, Olympic & British Values Teamwork [Develop character and values]	Volleyball Throwing and catching [Develop technique and control] PEP: Year 2 volleyball	Athletics Jumping for Height [Develop fundamental movement skills]	Cricket Ball control [Develop fundamental movement skills] PEP: Year 1 cricket	Gymnastics Simple sequence patterns [Master basic movements]	Rounders Striking [Develop fundamental movement skills] PEP: Year 2 rounders
LKS2	Cycle A	Fitness Power and Endurance [Develop strength] PEP: Year 3 fitness	Netball Blocking, marking, receiving and sending [Develop a broader range of skills] PEP: Year 3 netball	Hiking Orienteering [Take part in outdoor and adventurous challenges both individually and in a team]	Dance Varied movement patterns [Perform dances using a range of movement patterns] PEP: Year 3 dance	Netball Creating Space to Receive [Develop a broader range of skills] PEP: Year 4 Netball	Dance Varied movement patterns [Perform dances using a range of movement patterns] PEP: Year 4 dance	Be the Teacher! Active Listening Skills [Enjoy communicating with each other]	Dodgeball Aiming and dodging [Enjoy collaborating with each other] PEP: Year 3 dodgeball	Athletics Triple Jump - Video Technology to improve Performance [Compare and improve performances to achieve their personal best]	Athletics Running, sprinting, jumping and throwing [Compare and improve performances with previous ones to achieve their personal best] PEP: Year 3 Athletics	Intra-Class Tournaments Apply specific skills in competitive situations [Enjoy competing with each other]	Athletics Running, jumping and throwing [Use skills in isolation and combination] PEP: Year 4 Athletics
	Cycle B	Benefits of Physical Activity Bodyweight Exercises [Compare and improve performances with previous ones to achieve their personal best] PEP: Year 4 fitness	Football Blocking, marking, receiving and sending [Develop a broader range of skills] PEP: Year 4 football	Archery Archery Skills [Take part in outdoor and adventurous challenges both individually and in a team] [Enjoy collaborating with each other]	Gymnastics Creating sequences of movement [Develop balance] PEP: Year 3 Gymnastics	Basketball Passing and Shooting [Develop a broader range of skills] PEP: Year 4 basketball	Gymnastics Balances [Develop balance] PEP: Year 4 Gymnastics	Inclusive Sports Boccia, New Age Kurling and or Disability-adapted Sports [Enjoy communicating with each other]	Tennis Cooperative Rallies [Develop technique and control] PEP: Year 4 tennis	Javelin Pull Throw [Use skills in isolation and combination]	Cricket Striking [Develop a broader range of skills] PEP: Year 3 cricket	Gymnastics Balancing and Travelling [Develop flexibility, control and balance]	Rounders Striking [Develop a broader range of skills] PEP: Year 4 rounders
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	Bushcraft Skills Communication and planning [Take part in outdoor and adventurous challenges both individually and in a team] [Enjoy collaborating with each other]	Dance Performance of a Dance [Perform dances using a range of movement patterns] PEP: Year 5 dance	Hockey Pass, Dribble or Shoot in a Game Situation [Apply a broader range of skills] PEP: Year 5 hockey	Dance Performance Using a Range of Formations [Perform dances using a range of movement patterns] PEP: Year 6 dance	Mr Bee's Bootcamp Resilience and Perseverance [Enjoy communicating with each other] PEP: Year 5 fitness	Tennis Cooperation and targetting [Develop technique and control] PEP: Year 5 tennis	Shot Putt Push Throw [Compare and improve performances to achieve their personal best]	Athletics Running for speed and distance [Evaluate and recognise their own success] PEP: Year 5 Athletics	Intra-Class Tournaments Attacking [Principles of attack]	Athletics Passing and communicating [Enjoy competing with each other] PEP: Year 6 Athletics
	Cycle B	Body Builders Strength, Power and Endurance [Compare and improve performances with previous ones to achieve their personal best] PEP: Year 6 fitness	Tag Rugby Attacking [Apply a broader range of skills] PEP: Year 5 tag rugby	Orienteering Planning and map reading [Take part in outdoor and adventurous challenges both individually and in a team] [Enjoy collaborating with each other]	Gymnastics Adapting level and speed [Link skills to make actions and sequences of movement]. PEP: Year 5 Gymnastics	Netball Selecting and Applying Appropriate Throws in a Game Situation [Apply a broader range of skills] PEP: Year 6 Netball	Gymnastics Level, speed and direction [Link skills to make actions and sequences of movement] PEP: Year 6 Gymnastics	Sports Leaders UK Playmakers Award Leadership and communication [Enjoy communicating with each other]	Badminton Cooperation and targetting [Develop technique and control] PEP: Year 5 badminton	Discuss Sling Throw [Evaluate and recognise their own success]	Cricket Bowling, fielding and batting [Apply a broader range of skills] PEP: Year 5 cricket	Gymnastics Dynamics in complex sequences [Develop flexibility, control and balance]	Rounders Strike with an Implement [Apply a broader range of skills] PEP: Year 6 rounders