








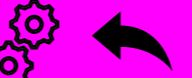




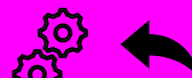


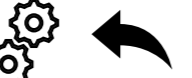





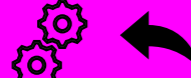
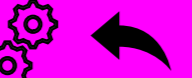
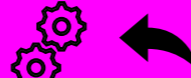





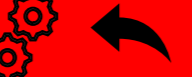


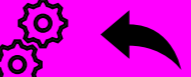










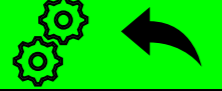
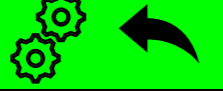
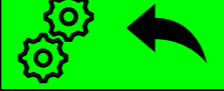
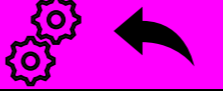



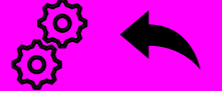
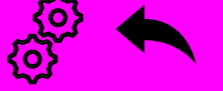




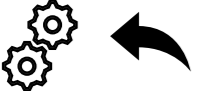

















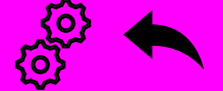







	EYFS	Year 1	Year 2	Year 3	Year 4		Year 5	Year 6
Autumn 1	<b>Indoor</b> Mighty Movers 	<b>Indoor</b> Fitness Frenzy 	<b>Indoor</b> Fitness Frenzy 	<b>Indoor</b> Cool Core 	<b>Indoor</b> Gymnastics 		<b>Indoor</b> Net and Wall 	<b>Indoor</b> Improving my Fitness 
	<b>Outdoor</b> ABC PE 	<b>Outdoor</b> Multi Skills 	<b>Outdoor</b> Multi Skills 	<b>Outdoor</b> Fitness Frenzy 	<b>Outdoor</b> Swimming 	<b>Outdoor</b> Invasion Skills 	<b>Outdoor</b> Fitness Frenzy 	<b>Outdoor</b> Invasion Skills 
	<b>Theory</b> <i>How can I be independent?</i> 	<b>Theory</b> <i>How do we warm up safely?</i> 	<b>Theory</b> <i>How do we warm up safely?</i> 	<b>Theory</b> <i>What are the major muscles in the body called?</i> 	<b>Theory</b> <i>Why are diet, nutrition and hydration so important?</i> 		<b>Theory</b> <i>What is sport analysis?</i> 	<b>Theory</b> <i>What are the short-term effects of exercise?</i> 
Autumn 2	<b>Indoor</b> Ball Control 	<b>Indoor</b> Throwing and Catching 	<b>Indoor</b> Throwing and Catching 	<b>Indoor</b> Brilliant Ball Skills 	<b>Indoor</b> Step to the Beat 		<b>Indoor</b> OAA 	<b>Indoor</b> Dance 
	<b>Outdoor</b> Multi Skills-Hoops 	<b>Outdoor</b> Skip to the Beat 	<b>Outdoor</b> Skip to the Beat 	<b>Outdoor</b> OAA 	<b>Outdoor</b> Swimming 	<b>Outdoor</b> Invasion Skills 	<b>Outdoor</b> Netball 	<b>Outdoor</b> OAA 
	<b>Theory</b> <i>How can I be independent?</i> 	<b>Theory</b> <i>Why do we warm up?</i> 	<b>Theory</b> <i>Why do we warm up?</i> 	<b>Theory</b> <i>What are the major muscles in the body called?</i> 	<b>Theory</b> <i>Why are diet, nutrition and hydration so important?</i> 		<b>Theory</b> <i>How is sport analysis used?</i> 	<b>Theory</b> <i>What are the short-term effects of exercise?</i> 

Spring 1	Indoor Gymnastics 	Indoor Gymnastics 	Indoor Gymnastics 	Indoor Gymnastics 	Indoor Throwing and Catching – Dodgeball 		Indoor Self Defence 	Indoor Personal Exercise Plan 
	Outdoor Throwing and Catching 	Outdoor Brilliant Ball Skills 	Outdoor Brilliant Ball Skills 	Outdoor Skip to the Beat 	Outdoor Swimming 	Outdoor OAA 	Outdoor Step to the Beat 	Outdoor Tactical thinking – rugby 
	Theory <i>How can I be independent?</i> 	Theory <i>What are the four stages of a warm up?</i> 	Theory <i>What are the four stages of a warm up?</i> 	Theory <i>How do muscles work?</i> 	Theory <i>Why do we have rules?</i> 		Theory <i>Can I evaluate a sporting performance?</i> 	Theory <i>What are the short-term effects of exercise?</i> 
Spring 2	Indoor Dance 	Indoor Dance 	Indoor Dance 	Indoor Throwing and Catching – Dodgeball 	Indoor Net and Wall – Table Tennis 		Indoor Gymnastics 	Indoor Disability Sport 
	Outdoor Active Fitness 	Outdoor Mighty Movers 	Outdoor Mighty Movers 	Outdoor Invasion Skills 	Outdoor Swimming 	Outdoor OAA 	Outdoor Disability Sport 	Outdoor Striking and Fielding 
	Theory <i>What makes food healthy?</i> 	Theory <i>What are the four stages of a warm up?</i> 	Theory <i>What are the four stages of a warm up?</i> 	Theory <i>What are the major bones in the body called?</i> 	Theory <i>What is fair play?</i> 		Theory <i>How is sport analysis used in elite sport?</i> 	Theory <i>What are the long-term effects of exercise?</i> 

Summer 1	Outdoor Creative Games 	Indoor Cool Core 	Indoor Athletics 	Indoor Dance 	Indoor Dance 	Indoor Dance 	Indoor Gymnastics 	
	Outdoor Striking Skills 	Outdoor Athletics 	Outdoor Cool Core 	Outdoor Throwing and Catching (Striking and Fielding Focus) 	Outdoor Swimming 	Outdoor Athletics 	Outdoor Athletics 	Outdoor Athletics 
	Theory <i>What is a healthy choice?</i> 	Theory <i>Can I lead a warm up for my peers?</i> 	Theory <i>Can I lead a warm up for my peers?</i> 	Theory <i>What are the major bones in the body called?</i> 	Theory <i>What are tactics?</i> 		Theory <i>Can I use sport analysis to bring about improvements in my performance?</i> 	Theory <i>What are the long-term effects of exercise?</i> 
Summer 2	Outdoor Mini Athletics 	Outdoor Creative Games 	Outdoor Striking Skills 	Outdoor Active Athletics 	Outdoor Swimming 	Outdoor Athletics 	Outdoor Net and Wall – Table Tennis 	Indoor Dance 
	Outdoor Ball Skills 	Outdoor Striking Skills 	Outdoor Creative Games 	Outdoor Striking skills – golf 	Outdoor Striking and Fielding 		Outdoor Striking and Fielding 	Outdoor Sports Leadership 
	Theory <i>How can I show resilience?</i> 	Theory <i>Can I lead a warm up for my peers?</i> 	Theory <i>Can I evaluate a warm up?</i> 	Theory <i>Why do we have bones?</i> 	Theory <i>How can we use tactics to our advantage?</i> 		Theory <i>Can I use sport analysis to bring about improvements in the performance of my peers?</i> 	Theory <i>What are the skills and qualities of a great sports leader?</i> 





#### The Six Strands of the Physical Education National Curriculum

1.	Dance
2.	Gymnastics
3.	Games
4.	Outdoor and Adventurous Activities
5.	Aquatics
6.	Athletics

#### School Specific Curriculum Focus

7.	Healthy Active Lifestyles
8.	Self Defence
9.	Disability Sport

Key

	Build – area of study that builds on previous area of learning		Revisit – spaced retrieval
	Link – area of study links to another curriculum area		New - Introduce new content