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|  | **EYFS** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | | **Year 5** | **Year 6** |
| **Autumn 1** | **Indoor**  Mighty Movers  Stars outline | **Indoor**  Fitness Frenzy  Stars outline | **Indoor**  Fitness Frenzy | **Indoor**  Active Athletics | **Indoor**  Gymnastics | | **Indoor**  Net and Wall | **Indoor**  Improving my Fitness |
| **Outdoor**  ABC PE  Stars outline | **Outdoor**  Multi Skills | **Outdoor**  Multi Skills | **Outdoor**  Fitness Frenzy | **Outdoor**  Swimming  Stars outline | **Outdoor**  Invasion Skills | **Outdoor**  Fitness Frenzy | **Outdoor**  Invasion Skills |
| **Theory**  Stars outline*How can I be independent?* | **Theory**  *How do we warm up safely?*  Stars outline | **Theory**  *How do we warm up safely?* | **Theory**  *What are the major muscles in the body called?* | **Theory**  *Why are diet, nutrition and hydration so important?* | | **Theory**  Stars outline*What is sport analysis?* | **Theory**  *What are the short-term effects of exercise?*  Stars outline |
| **Autumn 2** | **Indoor**  Ball Control  Stars outline | **Indoor**  Throwing and Catching | **Indoor**  Throwing and Catching | **Indoor**  Brilliant Ball Skills | **Indoor**  Step to the Beat | | **Indoor**  OAA | **Indoor**  Self Defence |
| **Outdoor**  Multi Skills-Hoops  Stars outline | **Outdoor**  Skip to the Beat  Stars outline | **Outdoor**  Skip to the Beat | **Outdoor**  OAA | **Outdoor**  Swimming | **Outdoor**  Invasion Skills | **Outdoor**  Netball  Stars outline | **Outdoor**  OAA |
| **Theory**  *How can I be independent?* | **Theory**  *Why do we warm up?*    Stars outline | **Theory**  *Why do we warm up?* | **Theory**  *What are the major muscles in the body called?* | **Theory**  *Why are diet, nutrition and hydration so important?* | | **Theory**  Link with solid fillStars outline*How is sport analysis used?* | **Theory**  *What are the short-term effects of exercise?* |
| **Spring 1** | **Indoor**  Gymnastics  Stars outline | **Indoor**  Gymnastics | **Indoor**  Gymnastics | **Indoor**  Gymnastics | **Indoor**  Throwing and Catching – Dodgeball | | **Indoor**  Self Defence  Stars outline | **Indoor**  Personal Exercise Plan  Stars outline |
| **Outdoor**  Throwing and Catching  Stars outline | **Outdoor**  Brilliant Ball Skills | **Outdoor**  Brilliant Ball Skills | **Outdoor**  Skip to the Beat | **Outdoor**  Swimming | **Outdoor**  OAA | **Outdoor**  Fitness Frenzy | **Outdoor**  Tactical thinking – football |
| **Theory**  *How can I be independent?* | **Theory**  *What are the four stages of a warm up?*  Stars outline | **Theory**  *What are the four stages of a warm up?* | **Theory**  *How do muscles work?* | **Theory**  *Why do we have rules?*  Stars outline | | **Theory**  *Can I evaluate a sporting performance?*  Stars outline | **Theory**  *What are the short-term effects of exercise?* |
| **Spring 2** | **Indoor**  Dance  Stars outline | **Indoor**  Dance | **Indoor**  Dance | **Indoor**  Throwing and Catching – Dodgeball  Stars outline | **Indoor**  Net and Wall – Table Tennis  Stars outline | | **Indoor**  Gymnastics | **Indoor**  Disability Sport |
| **Outdoor**  Active Fitness  Stars outline | **Outdoor**  Mighty Movers  Stars outline | **Outdoor**  Mighty Movers | **Outdoor**  Invasion Skills  Stars outline | **Outdoor**  Swimming | **Outdoor**  **OAA** | **Outdoor**  Disability Sport  Stars outline | **Outdoor**  Striking & fielding |
| **Theory**  *What makes food healthy?*  Stars outline | **Theory**  *What are the four stages of a warm up?* | **Theory**  *What are the four stages of a warm up?* | **Theory**  *What are the major bones in the body called?*  Link with solid fill | **Theory**  *What is fair play?*  Stars outline | | **Theory**  *How is sport analysis used in elite sport?*  Stars outline | **Theory**  *What are the long-term effects of exercise?*  Link with solid fill |
| **Summer 1** | **Outdoor**  Creative Games  Stars outline | **Indoor**  Cool Core  Stars outline | **Indoor**  Athletics | **Indoor**  Dance | **Indoor**  Dance | | **Indoor**  Dance | **Indoor**  Gymnastics |
| **Outdoor**  Striking Skills  Stars outline | **Outdoor**  Athletics | **Outdoor**  Cool Core | **Outdoor**  Stars outlineThrowing and Catching (Striking and Fielding Focus) | **Outdoor**  Swimming | **Outdoor**  Athletics | **Outdoor**  Athletics | **Outdoor**  Athletics |
| **Theory**  *What is a healthy choice?* | **Theory**  *Can I lead a warm up for my peers?*  Stars outline | **Theory**  *Can I lead a warm up for my peers?* | **Theory**  *What are the major bones in the body called?* | **Theory**  *What are tactics?*  Stars outline | | **Theory**  *Can I use sport analysis to bring about improvements in my performance?*  Stars outline | **Theory**  *What are the long-term effects of exercise?* |
| **Summer 2** | **Outdoor**  Mini Athletics  Stars outline | **Outdoor**  Creative Games | **Outdoor**  Striking Skills | **Outdoor**  Cool Core | **Outdoor**  Swimming | **Outdoor**  Athletics | **Outdoor**  Net and Wall – Table Tennis | **Indoor**  Dance |
| **Outdoor**  Ball Skills  Stars outline | **Outdoor**  Striking Skills  Stars outline | **Outdoor**  Creative Games | **Outdoor**  Striking skills – golf  Stars outline | **Outdoor**  Striking and Fielding  Stars outline | | **Outdoor**  Striking and Fielding | **Outdoor**  Sports Leadership  Stars outline |
| **Theory**  *How can I show resilience?*  Stars outline | **Theory**  *Can I lead a warm up for my peers?* | **Theory**  *Can I evaluate a warm up?*  Stars outline | **Theory**  *Why do we have bones?* | **Theory**  *How can we use tactics to our advantage?* | | **Theory**  *Can I use sport analysis to bring about improvements in the performance of my peers?*  Stars outline | **Theory**  *What are the skills and qualities of a great sports leader?*  Stars outline |

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

|  |  |
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| **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 |
| **10.** | Sports Leadership |

**Key**

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| --- | --- | --- | --- |
| Gears outline | Build – area of study that builds on previous area of learning | Back with solid fill | Revisit – spaced retrieval |
| Link with solid fill | Link – area of study links to another curriculum area | Stars outline | New - Introduce new content |