

Physical Education

(Route A)

	Autumn				Spring				Summer			
	1 st Half		2 nd Half		1 st Half		2 nd Half		1 st Half		2 nd Half	
Nursery	Healthy Movers Activities		Locomotion Walking 1		Dance Dinosaurs		Gymnastics High low under over		Ball skills hands		Ball skills feet	
Reception	Locomotion Walking 1		Dance Ourselves		Gymnastics High Low Under Over		Ball skills Hands 1		Ball Skills Feet 1		Attack v Defence Games For Understanding	
KS1	Locomotion Running 1	Gymnastics Body Parts (Y1)	Ball Skills Hands 1 (Y1)	Gymnastics Linking (Y2)	Ball Skills Hands 1 (Y2)	Dance Growing (Y1)	Locomotion Dodging (Y2)	Dance Water (Y2)	Team Building (Y1)	Health and Wellbeing (Y1)	Games for understand ing (Y1)	Athletics/ Sports day
Lower KS2	Basket Ball (Y3)	Dance Weather (Y3)	Basket Ball (Y4)	Dance WW2 (Y4)	Football (Y3)	Gymnastics Symmetry and asymmetry (Y3)	Football (Y4)	Gymnastics Bridges (Y4)	Swimming	Rounders (Y3/4)	Swimming	Athletics & Throwing and Jumping (Y3/4)
Upper KS2	Invasion Netball (Y4)	Health related exercise (Y5)	Netball (Y5)	Gymnastics Counter Balance & Counter Tension (Y5)	Football (Y5)	Gymnastics Matching and Mirroring (Y6)	Football (Y6)	Tennis (Y5/6)	Swimming	Rounders (Y5/6)	Swimming	Athletics & Throwing and Jumping (Y5/6)

Route B

	Autumn				Spring				Summer			
	1 st Half		2 nd Half		1 st Half		2 nd Half		1 st Half		2 nd Half	
Nursery	Healthy Movers Activities		Locomotion Walking 1		Dance Dinosaurs							
Reception	Locomotion Walking 1		Dance Ourselves		Gymnastics High Low Under Over		Ball skills Hands 1		Ball Skills Feet 1		Attack v Defence Games For Understanding	
KS1	Locomotion Jumping (Y1)	Gymnastics Wide, Narrow Curled (Y1)	Locomotion Jumping (Y2)	Gymnastics Pathways (Y2)	Ball Skills Feet 1 (Y1)	Dance Heroes (Y1)	Ball Skills Feet 1 (Y2)	Dance Explorers (Y2)	Team Building Y2	Health and Wellbeing (Y2)	Games for understanding (Y2)	Athletics/ Sports day
Lower KS2	Handball (Y3)	Dodgeball (Y3)	Tag Rugby (Y3)	Dance Witches and Wizards (Y3)	Tag Rugby (Y4)	Dance Cats (Y4)	Handball (Y4)	Dodgeball (Y4)	Swimming	Cricket (3/4)	Swimming	Athletics & Running (Y3/4)
Upper KS2	Hockey (Y5)	Health related exercise (Y6)	Hockey (Y6)	Dance The Greeks (Y5)	Basket Ball (Y5)	Dance	Basketball (Y6)	Tag Rugby (Y5/6)	Swimming	Cricket (Y5/6)	Swimming	Athletics & Running (Y5/6)