

The Queen's C of E Primary School PE

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
R	INTRODUCTION TO PE (Fantasy & Adventure)	TEAMBUILDING & GAMES (How to play games with others)	BODY MANAGEMENT (Gymnastics – animals and habitats)	DANCE (Everyday life)	GAMES (Beginning ball games)	F.M.S. (Body parts)
Y1	BODY MANAGEMENT (Gymnastics)	DANCE (Exploring story through dance)	BODY MANAGEMENT (Yoga)	F.M.S. (All round sports skills)	F.M.S. (Fitness – understanding exercise)	TEAMBUILDING (Working together and taking turns)
	GAMES (Sending & receiving – mixed games)	GAMES (Ball skills – building control & confidence)	GAMES (Invasion – the principles of invasion)	GAMES (Introduction to net and wall games)	F.M.S. (Introduction to athletics)	GAMES (Introduction to striking and fielding)
Y2	BODY MANAGEMENT (Gymnastics - levels)	DANCE (Exploring patterns of movement)	F.M.S. (Fitness)	GAMES (Hitting targets)	GAMES (Invasion – mixed ball games)	TEAM BUILDING – Problem solving
	F.M.S. (Fundamentals)	GAMES (Sending and receiving)	GAMES (Ball skills – building control and confidence)	GAMES (Net and wall – beginning tennis and volleyball)	GAMES (Striking and fielding - foundations)	F.M.S. (Getting stronger)
Y3	F.M.S. (Fundamentals and fitness)	GAMES (Invasion – tag rugby)	BODY MANAGEMENT (Yoga)	GAMES (Invasion - netball)	TEAMBUILDING & OAA (Team games and challenges)	F.M.S. (Athletics running, jumping & throwing)
	SWIMMING (Stability in the pool)	SWIMMING (Stability in the pool)	GAMES (Invasion – hockey)	GAMES (net and wall – tennis)	GAMES Striking and fielding - cricket	GAMES (Striking and fielding - cricket)
Y4	GAMES (Invasion – football)	BODY MANAGEMENT (Gymnastics – balance, movement and travel)	GAMES (Invasion – tag rugby)	GAMES (Invasion – netball)	GAMES (Striking and fielding - cricket)	TEAMBUILDING & OAA (Team games and challenges)
	GAMES (Net and wall – tennis)	GAMES (Invasion – handball)	SWIMMING (Stroke development)	SWIMMING (Stroke development)	DANCE (Characters and stories)	F.M.S. (Athletics – running, jumping and throwing)
Y5	DANCE (Aerobic dance)	BODY MANAGEMENT (Gymnastic floor routines - pairs)	GAMES (Invasion – handball)	GAMES (Striking and fielding – cricket)	F.M.S. (Athletics – running, jumping and throwing)	GAMES (Net and wall - tennis)
	GAMES (Invasion - football)	GAMES (Invasion – hockey)	TEAMBUILDING (Sports Leader training)	GAMES (Invasion – basketball)	SWIMMING (Stroke technique and stamina)	SWIMMING (Stroke technique and stamina)
Y6	GAMES (Invasion – tag rugby)	GAMES (Invasion – football)	BODY MANAGEMENT (Yoga and gymnastics)	GAMES (Invasion – hockey)	TEAMBUILDING and OAA (Map reading and orienteering)	GAMES (Striking and fielding – cricket)
	SWIMMING (Stroke technique and life saving)	SWIMMING (Stroke technique and life saving)	GAMES (Invasion – basketball)	DANCE (Choreographed routines)	F.M.S. (Athletics – running, jumping and throwing)	GAMES (Net and wall – tennis)