

Year 2

Team games—throwing and catching
Gymnastics
Dance
Athletics
Orienteering
Athletics (jumping, balancing and running)

Year 3

Invasion Games (Hockey)
Invasion Games (Basketball)
Dance
Gymnastics
Net/wall games (badminton)
Athletics
Striking and fielding (Rounders)
Swimming

Year 4

Invasion Games (Hockey)
Gymnastics
Net/wall game (badminton)
Skipping
Invasion game (rugby)
Swimming
Athletics
Striking and fielding (Rounders)

Year 1

Gymnastics with Apparatus t
Throwing and catching
Dance
Health Related Fitness
Invasion Game (Attack, Defend, Shoot)
Striking & Fielding (Hit, Catch, Run)
Athletics - Run, Jump, Throw



Physical Education

Mile a Day - Whole School

Commando Joe - Character Education to run throughout, linking to cross-curricular topics.

Year 5—Cycling to run throughout the year

Invasion Game (Rugby)
Gymnastics
Swimming
Net/wall games
Athletics
Striking & Fielding

EYFS

Spatial Awareness
Gymnastics
Manipulation and coordination
Dance
Circuits
Team Games
Bat & Ball Skills



Autumn, Spring, Summer

Year 6

Invasion Game (Rugby)
Gymnastics
Invasion game (Hockey)
Swimming
Net/Wall game (Badminton)
Invasion game (Dodgeball)
Striking and Fielding (Cricket)
Athletics
Striking & Fielding (Rounders)
Invasion game (Netball)
Net/Wall (tennis)