



P.E. Timetable 2021- 2022

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception					
Ball Skills <ul style="list-style-type: none"> Develop hand eye coordination, accuracy understanding of ball mechanics 	Bat and Ball Skills (Swapped<->) <ul style="list-style-type: none"> Continue to develop hand eye coordination accuracy Explore methods of ball manipulation using a racket/bat 	Target Games <ul style="list-style-type: none"> Throw a bean bag at a target Kick a ball at a target Spatial awareness 	Ball Skills Throw and catch <ul style="list-style-type: none"> Catch a ball with 2 hands Throw a ball underarm Explore bouncing a range of balls 	Athletics <ul style="list-style-type: none"> Develop agility Balance Coordination (gross motor skills) 	Strike and Field Begin to understand the principles of <ul style="list-style-type: none"> Teamwork Attacking defending
Dance <ul style="list-style-type: none"> Control body with increasing precision Develop balance Develop expression through movement 	Gymnastics <ul style="list-style-type: none"> Control my body whilst performing a sequence of movements Balance on different equipment Safely use different pieces of gym equipment 	Yoga/benchball? <ul style="list-style-type: none"> Develop flexibility Follow instructions Spatial awareness 	Gymnastics <ul style="list-style-type: none"> Perform a range of jumps Develop coordination Balance for longer periods of time 	Dance Street <ul style="list-style-type: none"> Controlled movement in time with music Express different emotions/feelings through movement Develop timing (as part of a group) 	Yoga <ul style="list-style-type: none"> Develop a sense of rhythm Develop core strength Show an awareness of how the body feels during rest and during activity
Year 1					
Netball <ul style="list-style-type: none"> Practice throwing with increased accuracy Catch a bouncing ball with increased consistency Follow simple rules 	Football <ul style="list-style-type: none"> Control a ball using the foot Kick a ball with increased accuracy Begin to understand tactics for attacking and defending during a game 	Handball <ul style="list-style-type: none"> Practice throwing with increased accuracy <ul style="list-style-type: none"> Begin to follow simple rules 	Invasion Games Tag rugby <ul style="list-style-type: none"> Begin to demonstrate marking skills Begin to utilise space on a court/pitch 	Athletics <ul style="list-style-type: none"> Running with increased speed Controlled jumps Change direction at speed 	Strike and Field Skills (Kick cricket) <ul style="list-style-type: none"> Develop hand eye coordination Timing Throwing and catching skills
Gymnastics <ul style="list-style-type: none"> Control my body whilst performing a sequence of movements Balance on different equipment Safely use different pieces of gym equipment 	Dance <ul style="list-style-type: none"> Control body with increasing precision Develop balance Develop expression through movement 	Yoga <ul style="list-style-type: none"> Develop a sense of rhythm Develop core strength Show an awareness of how the body feels during rest and during activity 	Gymnastics <ul style="list-style-type: none"> Control my body whilst performing a sequence of movements Balance on different equipment Safely use different pieces of gym equipment 	Dance <ul style="list-style-type: none"> Control body with increasing precision Develop balance Develop expression through movement 	Yoga Balance and co ordination <ul style="list-style-type: none"> Develop a sense of rhythm Develop core strength Show an awareness of how the body feels during rest and during activity

Year 2					
Football <ul style="list-style-type: none"> • Dribble using inside and outside of the foot • Apply dribbling and passing skills in a game scenario 	Invasion Games <ul style="list-style-type: none"> • Benchball • Begin to understand functions of different positions within a team • Throw with increased accuracy during a game scenario • Catch whilst moving in game 	Tennis <ul style="list-style-type: none"> • Greater understanding of ball mechanics • Awareness of correct technique • Begin to hit a ball with a racket 	Netball <ul style="list-style-type: none"> • Throw accurately over larger distances • Shoot with correct technique • Use a variety of throws in game 	Athletics <ul style="list-style-type: none"> • Throw objects increased distances • Develop improved coordination • Run for longer periods of time 	Strike and Field Skills (Kick rounders) <ul style="list-style-type: none"> • Apply catching and throwing skills in game • Kick with increased power • Understand more complex rules
Yoga <ul style="list-style-type: none"> • Develop a sense of rhythm • Develop core strength • Show an awareness of how the body feels during rest and during activity 	Dance Street <ul style="list-style-type: none"> • Control body with increasing precision • Develop balance Develop expression through movement	Gymnastics <ul style="list-style-type: none"> • Control my body whilst performing a sequence of movements • Balance on different equipment Safely use different pieces of gym equipment	Yoga <ul style="list-style-type: none"> • Develop a sense of rhythm • Develop core strength • Show an awareness of how the body feels during rest and during activity 	Dance <ul style="list-style-type: none"> • Control body with increasing precision • Develop balance Develop expression through movement	Gymnastics <ul style="list-style-type: none"> • Control my body whilst performing a sequence of movements • Balance on different equipment Safely use different pieces of gym equipment
Year 3					
Basketball <ul style="list-style-type: none"> • Dribble • Shoot • Pass 	Netball <ul style="list-style-type: none"> • Movement • Team roles • Throw 	Football <ul style="list-style-type: none"> • Dribble at speed • Shoot with moving ball • Valley 	Tennis <ul style="list-style-type: none"> • Rally • Backhand • Hit a ball whilst moving 	Athletics <ul style="list-style-type: none"> • Understand the importance of a warm up and cool down • Perform a variety of jumps over increased distances 	Strike and field skills (Cricket) <ul style="list-style-type: none"> • Understanding of technique • Hit a moving ball • Improves catching and throwing in game.
Dance <ul style="list-style-type: none"> • Control body with increasing precision • Develop balance Develop expression through movement	Yoga <ul style="list-style-type: none"> • Develop a sense of rhythm • Develop core strength • Show an awareness of how the body feels 	Gymnastics <ul style="list-style-type: none"> • Control my body whilst performing a sequence of movements • Balance on different equipment 	Dance <ul style="list-style-type: none"> • Control body with increasing precision • Develop balance Develop expression through movement	Yoga <ul style="list-style-type: none"> • Develop a sense of rhythm • Develop core strength • Show an awareness of how the body feels during rest and during activity 	Gymnastics <ul style="list-style-type: none"> • Control my body whilst performing a sequence of movements • Balance on different equipment

	during rest and during activity	Safely use different pieces of gym equipment			Safely use different pieces of gym equipment
Year 4					
Tag Rugby <ul style="list-style-type: none"> Play competitive games Have teamwork skills Increased spatial awareness during game situations 	Football <ul style="list-style-type: none"> Demonstrate control and fluency when moving with a ball Pass the ball with increased speed and accuracy 	Basketball <ul style="list-style-type: none"> Contribute to attacking and defensive aspects of a game Show a greater appreciation for ball mechanics 	Hockey <ul style="list-style-type: none"> Become aware of correct technique Pass a ball to a partner with some degree and accuracy 	Athletics <ul style="list-style-type: none"> Evaluate and describe performances with a focus on improvement Modify their use of skills or techniques to achieve better results 	Strike and field skills Rounders <ul style="list-style-type: none"> Improve hand eye coordination Apply tactics to game scenarios Catch and throw a ball over increasing distance
Gymnastics <ul style="list-style-type: none"> Control my body whilst performing a sequence of movements Balance on different equipment Safely use different pieces of gym equipment	Dance <ul style="list-style-type: none"> Control body with increasing precision Develop balance Develop expression through movement	Gymnastics <ul style="list-style-type: none"> Control my body whilst performing a sequence of movements Balance on different equipment Safely use different pieces of gym equipment	Dance <ul style="list-style-type: none"> Control body with increasing precision Develop balance Develop expression through movement	Yoga <ul style="list-style-type: none"> Develop a sense of rhythm Develop core strength Show an awareness of how the body feels during rest and during activity 	Dance <ul style="list-style-type: none"> Control body with increasing precision Develop balance Develop expression through movement
Year 5					
Hockey <ul style="list-style-type: none"> Understand correct technique Be able to pass a ball with some accuracy Be able to dribble using the in-stick 	Tag Rugby <ul style="list-style-type: none"> Play competitive games Demonstrate an increasing awareness of space Understand when to pass and when to dribble during a game 	Cricket <ul style="list-style-type: none"> Choose the best tactics for attacking and defending Demonstrate an array of shots in game situations 	Football <ul style="list-style-type: none"> Pass a ball with all parts of the foot in game scenarios Confidently control a moving/bouncing ball 	Athletics <ul style="list-style-type: none"> Run at high speed for prolonged periods of time Be aware of the technique for various jumps 	Tennis <ul style="list-style-type: none"> Demonstrate ability to hit an overhand shot Return a bouncing ball whilst on the run with accuracy
Yoga <ul style="list-style-type: none"> Develop a sense of rhythm Develop core strength Show an awareness of how the body feels during rest and during activity 	Dance Haka <ul style="list-style-type: none"> Control body with increasing precision Develop balance Develop expression through movement	tennisball	Gymnastics <ul style="list-style-type: none"> Control my body whilst performing a sequence of movements Balance on different equipment Safely use different pieces of gym equipment	Yoga <ul style="list-style-type: none"> Develop a sense of rhythm Develop core strength Show an awareness of how the body feels during rest and during activity 	Dance <ul style="list-style-type: none"> Control body with increasing precision Develop balance Develop expression through movement
Year 6	Year 6 will also go swimming throughout 2021 and 2022				

<p>Football</p> <ul style="list-style-type: none"> Show confidence in demonstrating a range of ball skills Link skills during a game effectively 	<p>Basketball</p> <ul style="list-style-type: none"> Follow complicated rules Fluently combine passing, dribbling and shooting skills in game 	<p>Cricket</p> <ul style="list-style-type: none"> Throw and catch accurately under pressure 	<p>Rounders</p> <ul style="list-style-type: none"> Use defensive strategies to stop the opposition from scoring points Link catching and throwing skills effectively in game 	<p>Athletics</p> <ul style="list-style-type: none"> Run for prolonged periods of time Demonstrate an ability to change pace and direction in a controlled manner 	<p>Volleyball</p> <ul style="list-style-type: none"> Become aware of correct technique. Apply skills to prevent ball from touching the ground
<p>Dance</p> <ul style="list-style-type: none"> Control body with increasing precision Develop balance <p>Develop expression through movement</p>	<p>benchball</p> <ul style="list-style-type: none"> Work and communicate as part of a team Utilise a variety of throws within a game scenario Catch, pass and shoot in a controlled manner whilst moving at speed. 	<p>Gymnastics</p> <ul style="list-style-type: none"> 	<p>Dance</p> <ul style="list-style-type: none"> Control body with increasing precision Develop balance <p>Develop expression through movement</p>	<p>Yoga</p> <ul style="list-style-type: none"> Develop a sense of rhythm Develop core strength Show an awareness of how the body feels during rest and during activity 	<p>Gymnastics</p>