

Year Group		Aut 1 Games (outdoor and indoor)	Aut 2 Gymnastics (Daily Mile on non-PE days)	Spr 1 Dance (Daily Mile on non- PE days)	Spr 2	Sum 1 Athletics	Sum 2 Games
Rec		Invasion Game Skills 1 (outdoor) Movement Skills 1 (indoor)	Flight – bouncing, jumping & landing	Dance (related to your topic)	Target games 1 (playground) Locomotion (indoor)	Athletics 1 (field) Net and Wall Game Skills 1 (playground)	Striking and Fielding Games Skills 1 (field) Movement Skills 2 (playground)
KS1	Cycle A	Invasion Game Skills 1 (outdoor) Net and Wall Game Skills (indoor)	Wide, Narrow & Curled rolling and balancing	Dance (related to your topic)	Target Games 2 (playground) Movement Skills 1 (indoor)	Athletics 2 (field) Net and Wall Games Skills 2 (playground)	Striking and Fielding 1 (field) Movement Skills 2 (playground)
	Cycle B	Invasion Game Skills 2 (outdoor) Net & Wall Game Skills 1 (same as cycle 1) (indoor)	Pathways: straight, zipzag & curving	Dance (related to your topic)	Target Games 3 (playground) Movement Skills 2 (indoor)	Athletics (field) Net and Wall Game Skills 2 (playground)	Striking and Fielding 2 (field) Movement Skills 3 (playground)
LKS2	Cycle A	Tag Rugby (outdoor) Dodgeball (indoor)	Receiving body weight	Dance (related to your topic)	Netball (playground) Swimming (Y4)	Athletics (field) Tennis (playground) Swimming (Y4)	Rounders (field) Cricket (playground) Swimming (Y4)

	Cycle B	Football (outdoor) Handball (indoors)	Partner work – Pushing and pulling	Dance (related to your topic)	Basketball (playground) Swimming (Y4)	Athletics (field) Tennis (playground) Swimming (Y4)	Rounders (field) Cricket (playground) Swimming (Y4)
UKS2	Cycle A	Tag Rugby (outdoor) Dodgeball (indoor) Swimming (Y5)	Partner work – under and over Swimming (Y5)	Dance (related to your topic) Swimming (Y5)	Netball (playground) Hockey (indoors)	Athletics (field) Tennis (playground)	Rounders (field) Cricket (playground)
	Cycle B	Football (outdoor) Handball (indoor) Swimming (Y5)	Counter-Balance & counter tension Swimming (Y5)	Dance (related to your topic) Swimming (Y5)	Basketball (playground) Hockey (indoors)	Athletics (field) Tennis (playground)	Rounders (field) Cricket (playground)

During the Autumn terms PE is a scheduled 1 hour lesson and the second hour of PE comes from our daily mile activity (15minutes daily)