

EYFS	Through teaching and continuous provision, PE in EYFS enables children to:	<ul style="list-style-type: none"> • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. • Work and play cooperatively and take turns with others. • Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education. • Use their core muscle strength to achieve a good posture. • Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. • Combine different movements with ease and fluency. 	<ul style="list-style-type: none"> • Develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. • Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. • Negotiate space and obstacles safely, with consideration for themselves and others. • Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. • Revise and refine a range of fundamental movement skills e.g. rolling, crawling, walking, jumping, running, hopping, skipping and climbing. • Combine different movements with ease and fluency. • Use a more fluent style of moving, developing control and grace. • Combine different movements with ease and fluency.
	<ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Use a range of small tools, including scissors, paint brushes and cutlery. • Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. • Explain the reasons for rules, know right from wrong and try to behave accordingly. • work and play cooperatively and take turns with others. 		

Class	Cycle	Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
EYFS		Me and Myself	Movement and Development	Throwing and Catching	Ball Skills	Fun and Games	Working with others
Year 1 / 2	A	Football	Gymnastics 1	Dance	Gymnastics 2	Netball	Athletics
	B	Handball	Fitness	Dodgeball	Orienteering	Tennis or Badminton	Rounders
Year 3 / 4	A	Hockey	Gymnastics 1	Dance	Invasion Games	Basketball	Athletics
	B	Tag Rugby	Fitness	Golf	Athletics	Volleyball	Cricket
Year 3 / 4	A	Football	Gymnastics 1	Dance	Gymnastics 2	Netball	Athletics
		Swimming	Swimming	Swimming	Swimming	Swimming	Rounders

	B	Hockey Swimming	Fitness Swimming	Golf Swimming	Orienteering Swimming	Basketball Volleyball	Athletics Cricket
Year 5 / 6	A	Football Handball	Gymnastics 1 Fitness	Dance Dodgeball	Gymnastics 2 Orienteering	Netball Tennis or Badminton	Athletics Swimming
	B	Hockey Tag Rugby	Gymnastics 1 Fitness	Dance Golf	Gymnastics 2 Orienteering	Basketball Volleyball	Rounders Swimming

Children are given a wide range of other sports during the dedicated 'Sports Week' in the Summer Term.

