

Physical Education

Key Learning Intentions Years 1 and 2	Key Learning Intentions Years 3 and 4	Key Learning Intentions Years 5 and 6
<ul style="list-style-type: none"> • master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns 	<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate, [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Swimming and water safety</p> <ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations 	<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate, [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Theme Overview

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	GAMES Multi ball skills	DANCE Animals	GYMNASTICS Travelling	DANCE Dinosaurs!	ATHLETICS	GAMES Kwik Cricket
Year 2	GAMES Football	DANCE Land, Sea and Air (Transport)	GYMNASTICS Linking movements	DANCE Sea animals	ATHLETICS	GAMES Kwik Cricket
Year 3	GAMES Hockey	DANCE Ice and Fire! (Dance Notes Unit)	GYMNASTICS Vaulting	DANCE Magnets and Forces (Dance Notes Unit)	ATHLETICS	GAMES Handball
Year 4	GAMES Netball	DANCE Around the World (Dance Notes Unit)	GYMNASTICS Vaulting	DANCE The Rainforest (Dance Notes Unit)	ATHLETICS	GAMES Volleyball
Year 5	GAMES Tennis	DANCE WW1 (Dance Notes Unit)	GYMNASTICS Front bridges	DANCE The River (Dance Notes Unit)	ATHLETICS	GAMES Basketball
Year 6	GAMES Basketball	DANCE The Environment (Dance Notes Unit)	GYMNASTICS Back bridges	DANCE African Greeting (Dance Notes Unit)	ATHLETICS	GAMES Football