

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Extra
EYFS	Fundamental Movement Skills		Games Multi-Skills	Dance / Yoga/ Gymnastics			-Pedal and Scoot
Year 1	Multi-Skills / Games Tuesday pm						
	Fundamental Movement Skills	Dance	Yoga	Gymnastics	Athletics/ Sports Day Skills	Games	
Year 2	Multi-Skills / Games Tuesday PM						
	Fundamental Movement Skills	Dance	Gymnastics	Yoga	Athletics/ Sports Day Skills	Games	
Year 3	Dance Monday pm 14/9 – 19/10 (6 weeks)	OAA	Yoga	Net Games Monday pm 22/2 – 22/3 (5 weeks)	Swimming 27 th Apr- 22 nd June (9 weeks)		
	Athletics	Invasion Games	Gymnastics	Gymnastics	Invasion Games	Striking and Fielding	
Year 4	OAA	Dance 2/11 – 14/12 (6 weeks as no session 30/11)	Swimming 12 th Jan – 6 th Apr (12 weeks)		Net Games Monday pm 19/4- 24/5 (5 weeks as none 12/4 3/5)	Net games Monday pm 7/6-12/7 (6 weeks)	-OAA residential
	Athletics	Invasion Games	Gymnastics	Gymnastics	Striking and Fielding	Invasion Games	
Year 5	Swimming 22 nd Sept – 1 st Dec (10 weeks)		OAA	Invasion Games	Striking and Fielding	Fitness: Personal Challenge	-Sports / Play leaders
	Athletics	Invasion Games	Gymnastics	Net Games Monday pm 22/2 – 22/3 (5 weeks)	Invasion Games	Striking and Fielding	
Year 6	Dance Monday pm	Invasion Games	Gymnastics	Jl Gymnastics	Fitness: Personal Challenge Water Safety 29 th June -20 July (4 weeks)	-OAA Residential	

	14/9 – 19/10 (6 weeks)						-Cycling Proficiency
	Athletics	Dance 2/11 – 14/12 (6 weeks as no session 30/11)	Fitness: Personal Challenge	Invasion Games	Net Games Monday pm 19/4- 24/5 (5 weeks as none 12/4 3/5)	Net Games Monday pm 7/6-12/7 (6 weeks)	

Core Tasks

*Use at the start of a unit to assess where the pupils are at and to help guide planning at the correct level.

What skills do the pupils need to work on / improve?

*Use at the end of a unit to assess where the pupils have progressed to.

Games, Gymnastics, Athletics: Refer to individual Year group PE Primary Folders (KS1 Athletics refer to TWINKL unit packs)

OAA, Dance: Refer to TWINKL year group unit packs

Fundamental Movement Skills: YST Start to move cards

Yoga: Cosmic Yoga or TWINKL year group unit packs

Fitness: Personal Challenge: Daily Mile, circuit training (TWINKL) , aerobics, Zumba, Joe Wicks workouts

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Fundamental Movement Skills: YST Start to Move Cards			Games: Multi-Skills Adam	Dance/ Yoga/ Gymnastics	
Year 1	Games: Multi-Skills Adam					
	Fundamental Movement Skills	Dance	Yoga	Gymnastics Ji	Athletics/ Sports Day Skills	Games Ji
Year 2	Games: Multi-Skills Adam					
	Fundamental Movement Skills	Dance	Gymnastics Ji	Yoga	Athletics/ Sports Day Skills Ji	Games Ji
Year 3	Dance Howard	OAA	Yoga	Tennis Adam	Swimming	

	Athletics Ji	Invasion Games Ji	Gymnastics Ji	Gymnastics Ji	Invasion Games Ji	Striking and Fielding Ji
Year 4	OAA	Dance Howard	Swimming	Swimming	Tennis Adam	Tennis Adam
	Athletics Ji	Invasion Games Ji	Gymnastics Ji	Gymnastics Ji	Striking and Fielding Ji	Rugby Hedley
Year 5	Swimming		OAA	Invasion Games	Striking and Fielding Ji	Fitness: Personal Challenge
	Athletics Ji	Invasion Games Ji	Gymnastics Ji	Tennis Adam	Rugby Hedley	Striking and Fielding Ji
Year 6	Athletics Ji	Invasion Games Ji	Gymnastics Ji	Gymnastics Ji	Fitness: Personal Challenge Water Safety	
	Dance Howard	Dance Howard	Fitness: Personal Challenge	Rugby Hedley	Tennis Adam	Tennis Adam