

**PHYSICAL EDUCATION -PROGRAMME OF STUDY (produced in conjunction with Val Sabin Manuals)- Primary PE**  
**(based on approximately 2 one hour lessons per week)**

**NB: Swimming** must also be included as part of one of the Key Stages

**OAA** = Outdoor & Adventurous Activity Challenges

**Invasion games** = Football, Netball, Hockey, Basketball

**Net/Wall/Court games** = Badminton, Tennis, Volleyball

**Striking & Fielding Games** = Rounders , Cricket

**Key Stage 1**

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 1</b>	<p><b>Games</b> – Ball Skills / Multi-skills</p> <p><b>Gym</b> – Flight / Bouncing / Jumping &amp; Landing</p>	<p><b>Dance</b> – Respond to stimuli, shapes on floor &amp; in air / rhythmic patterns</p> <p><b>Gym</b> – Rocking &amp; Rolling</p>	<p><b>Games</b> – Throwing/Catching &amp; Aiming games</p> <p><b>Gym</b> – Travel / Balance</p>	<p><b>Dance</b> - Explore actions / communicate mood</p> <p><b>Gym</b> - Wide, Narrow &amp; Curled</p>	<p><b>Athletics</b> – Running/Jumping/ Throwing skills</p> <p><b>Games</b> – Bat / Ball skills &amp; games</p>	<p><b>Athletics</b> – Agility/Co-ordination &amp; Balance skills</p> <p><b>Games</b> – Multi-skills &amp; developing partner-work</p>
<b>Year 2</b>	<p><b>Games</b> – Inventing games &amp; throwing/catching skills</p> <p><b>Gym</b> - High &amp; Low</p>	<p><b>Dance</b> – Basic dance actions/level/direction/speed/pairs &amp; groups</p> <p><b>Gym</b> – Turning/Twisting/Spinning</p>	<p><b>Games</b> – Sending games, simple strategies &amp; tactics / making up games</p> <p><b>Gym</b> - Pathways</p>	<p><b>Dance</b> – Change &amp; Vary actions/understand types of dance</p> <p><b>Gym</b> – Linking movements together</p>	<p><b>Athletics</b> – Running/Jumping/Throwing skills</p> <p><b>Games</b> – Dribbling/Kicking/Hitting</p>	<p><b>Athletics</b> – Agility/Co-ordination &amp; Balance skills</p> <p><b>Games</b> – Group games &amp; inventing rules</p>

## Key Stage 2

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 3</b>	<p><b>Games</b> – Ball skills / Invasion focus &amp; creative games making</p> <p><b>Gym</b> – Stretching &amp; Curling</p>	<p><b>OAA</b> –Individual Team building challenges</p> <p><b>Gym</b> - Pathways</p>	<p><b>Games</b> – Ball skills / Invasion focus &amp; creative games making</p> <p><b>Gym</b> –Symmetry &amp; Asymmetry</p>	<p><b>Dance</b> – Travelling/pair work/observing/phrases</p> <p><b>Gym</b> – Travelling with a change of front &amp; change of direction</p>	<p><b>Athletics</b> – Running/Jumping/Throwing skills</p> <p><b>Games</b> – Striking &amp; Fielding</p>	<p><b>Athletics</b> – Agility/Co-ordination &amp; Balance skills</p> <p><b>Games</b> – Net / Court / Wall Games</p>
<b>Year 4</b>	<p><b>Games</b> – Net / Court / Wall Games</p> <p><b>Gym</b> - Balance</p>	<p><b>Dance</b> – Whole dances &amp; groups</p> <p><b>Gym</b> – Balance/change of face &amp; direction</p>	<p><b>Games</b> – Problem solving &amp; inventing games</p> <p><b>Gym</b> – Receiving body weight</p>	<p><b>OAA</b> – Individual Team building challenges</p> <p><b>Gym</b> - Rolling</p>	<p><b>Athletics</b> – Flexibility/Strength/Balance</p> <p><b>Games</b> – Striking &amp; Fielding Games</p>	<p><b>Athletics</b> – Running/Jumping/Throwing skills</p> <p><b>Games</b> – Invasion Games</p>
<b>Year 5</b>	<p><b>Games</b> – Net /Court /Wall Games</p> <p><b>Gym</b> - Bridges</p>	<p><b>OAA</b> – Individual Team building challenges</p> <p><b>Gym</b> – Travelling/ pushing/pulling swinging/ gripping</p>	<p><b>Games</b> –Invasion &amp; Target (Ball handling)</p> <p><b>Gym</b> - Flight</p>	<p><b>Dance</b> – More complex moves &amp; dances/evaluate others’</p> <p><b>Gym</b> – Turning &amp; spinning</p>	<p><b>Athletics</b> – Running/Jumping/Throwing skills</p> <p><b>Games</b> – Striking &amp; Fielding Games</p>	<p><b>Athletics</b> – Agility/Co-ordination/Balance</p> <p><b>Games</b> – Invasion Games (Implement &amp; kicking)</p>
<b>Year 6</b>	<p><b>Games</b> – Invasion Games (Basketball / Football)</p> <p><b>Gym</b> – Matching &amp; Mirroring</p>	<p><b>Games</b> – Invasion Games (Netball / Hockey )</p> <p><b>Gym</b> – Synchro. &amp; Canon</p>	<p><b>Dance</b> – Fluency &amp; Control / Warm up &amp; Cool down</p> <p><b>Gym</b> – Holes &amp; Barriers</p>	<p><b>OAA</b> – Individual Team building challenges</p> <p><b>Gym</b> – Counter Balance /tension</p>	<p><b>Athletics</b> – Running/Jumping/Throwing skills</p> <p><b>Games</b> – (Badminton/Volleyball / Tennis)</p>	<p><b>Athletics</b> – Running/Jumping/Throwing skills</p> <p><b>Games</b> - Striking &amp; Fielding Games (Cricket / Rounders)</p>