

KS1 PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS 2 Indoor	<p>Improve agility EYFS Activities from Power of PE</p> <p>Improve balance EYFS activities from Power of PE</p>	<p>Multi skills Power of PE Autumn -topic based approach</p>	<p>Multi skills Power of PE Winter and Christmas -topic based approach</p>	<p>Throwing and Catching Improve throwing EYFS activities from Power of PE</p> <p>Improve catching EYFS activities from Power of PE</p>	<p>Multi skills Power of PE EYFS SoW-topic based approach The Circus</p>	<p>Multi skills Power of PE At the beach EYFS SoW-topic based approach</p>
Out	<p>Outdoor play daily Movement and agility Activities to develop fine and gross motor skills</p>	<p>Outdoor play daily Movement and agility</p> <p>Activities to develop fine and gross motor skills</p>	<p>Outdoor play daily Movement and agility</p> <p>Activities to develop fine and gross motor skills</p>	<p>Outdoor play daily Movement and agility Activities to develop fine and gross motor skills</p>	<p>Outdoor play daily Movement and agility</p> <p>Activities to develop fine and gross motor skills</p>	<p>Outdoor play daily Movement and agility</p> <p>Activities to develop fine and gross motor skills</p>
Year 1 Indoor	<p>Gymnastics skills Power of PE 'Gymnastics year 1' Use of 'Improve</p>	<p>Dance Power of PE Dance year 1. (SC to teach)</p>	<p>Indoor Athletics Power of PE (SC to teach) Athletics year 1 Running</p>	<p>Games Power of PE Football skills (SC to teach)</p>	<p>Dance Power of PE Dance year 1. (SC to teach) Explore and combine</p>	<p>Gymnastics Power of PE</p>

	balance’ and ‘Point balance’ resources to support ideas		Jumping Throwing		actions. Choreography Performance	
In or Out	Multi Skills Power of PE (SC to teach) Focus on: Agility and balance.	Games Power of PE Focus on: Throwing and catching	Games Basketball Power of PE	Multi skills Power of PE HRE-Health related exercise	Games Power of PE Striking and Fielding	OAA Power of PE Orienteering SC to teach
Year 2 Indoor	Gymnastics Power of PE ‘Gymnastics year 2’ Use of ‘Improve balance’ and ‘Point balance’ resources to support ideas. (SR to teach)	Dance Power of PE Dance year 2 Explore and combine actions. Relationships Choreography Performance (SC to teach)	Indoor Athletics Power of PE Athletics year 2 Running Jumping Throwing (SR to teach)	HRE Power of PE- health related exercise year 2 (SR to teach)	Gymnastics Power of PE (SR to teach)	Games Basketball skills (SR to teach)
Out	Multi Skills /Basic skills Power of PE Focus on agility and balance.	Basic skills /multi skills Power of PE Throwing and catching (SR to teach)	Multi skills Power of PE (SC to teach)	Games: Power of PE – Football skills year 2 (SC to teach)	Games Striking and Fielding Power of PE Year 2 (SC to teach)	OAA Power of PE Orienteering year 2 (SC to teach)

	(SC to teach)					
KS2 PE	Key stage 2	Key stage 2	Key stage 2	Key stage 2	Key stage 2	Key stage 2
Year 3 Indoor	Gymnastics (Point balances) Power of PE (SR to teach)	Dance 'Chance to dance' Northern ballet project (SR plus support from project)	HRE (Health related exercise) Power of PE (SR to teach)	Basketball Power of PE (SR to teach) Extra ballet lessons (6 weeks 18/3/24 to 6/5/23)	Gymnastics Power of PE (SR to teach)	Athletics skills Power of PE Run Jump Throw (SR to teach)
Outdoor	Multi skills Power of PE Focus on throwing and catching	Invasion games Hockey Power of PE	Invasion games Football skills- kicking/passing. Power of PE	Tag rugby Throwing/passing/ catching Power of PE	Striking and fielding Power of PE Cricket skills	Outdoor and Adventurous activity (Orienteering) Power of PE
Year 4 Indoor	Basketball Invasion games Basketball skills (Indoor Friday am)	Invasion games Football skills- kicking/passing. Power of PE	Multi skills Power of PE Focus on throwing and catching	Gymnastics Power of PE	Dance Power of PE	Outdoor and Adventurous activity (Orienteering) Power of PE

Outdoor	Swimming Tuesday pm Start date: 12/9/23 to 19/12/23 (14 weeks)	Swimming Tuesday pm Start date: 12/9/23to 19/12/23 (14 weeks)	Invasion games Hockey Power of PE	Invasion Games -Tag rugby Throwing/passin g/catching Power of PE	Striking and fielding Power of PE Cricket skills	Athletics Running Jumping Throwing
Year 5 Indoor	Gymnastics skills Power of PE (SR)	Indoor athletics Track events Field events Running, jumping and throwing. Power of PE (SR)	Net skills Tennis skills Power of PE (SR)	Multi skills Power of PE Focus on throwing, catching, agility and balance. (SR)	Dance Power of PE Actions-Explore and combine Space Dynamics Relationships Develop a sense of rhythm and movement memory Choreography Creating a performance (SR)	Outdoor and Adventurous activity (Orienteering) Power of PE (SR)

Outdoor	Invasion games Hockey skills Power of PE (SR)	Invasion games Football skills- kicking/passing. Power of PE (SR)	Invasion Games Tag rugby Throwing/passing/ catching Power of PE (SR)	Basketball Power of PE (SR)	Invasion games Netball skills Power of PE (SR)	Striking and fielding Cricket Skills Power of PE (SR)
Year 6 Indoor	Indoor athletics Track events Field events Running, jumping and throwing. Power of PE (SR)	Gymnastics skills Power of PE (SR)	Invasion games Netball Power of PE (SR to teach)	Dance Power of PE Actions-Explore and combine Space Dynamics Relationships Develop a sense of rhythm and movement memory Choreography Creating a performance (SR)	Multi skills Power of PE Focus on throwing, catching, agility, balance and tactics. (SR)	Gymnastics skills Power of PE (SR)

Outdoor	Invasion games Hockey skills Power of PE (SR to teach)	Invasion games Football skills kicking/passing. Power of PE (SR to teach)	Invasion Games Tag rugby skills Throwing/passing/ catching Power of PE (SR to teach)	Invasion games Basketball skills (SR)	String and fielding Cricket skills Power of PE (SR to teach)	Outdoor and Adventurous activity (Orienteering) Power of PE (Residential visit) (SR to teach)
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