

PHYSICAL EDUCATION (KS1)

KEY STAGE 1 - PE	Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.						
	YEAR 1						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
	Handball	Gymnastics	Tag Rugby	Hockey	Tennis	Athletics	
	Multi-Skills	Multi-Skills	Dance	Football	Dodgeball		
KS1: Master basic movements including running, jumping, throwing and catching...							
KS1: ...as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.							
KS1: Participate in team games, developing simple tactics for attacking and defending.							
KS1: Perform dances using simple movement patterns.							

	YEAR 2						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
	Gymnastics	Tennis	Circuits	Tag Rugby	Orienteering	Athletics	
	Multi-Skills	Football	Hockey	Dance	Dodgeball		
	Swimming						
KS1: Master basic movements including running, jumping, throwing and catching...							
KS1: ...as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.							
KS1: Participate in team games, developing simple tactics for attacking and defending.							
KS1: Perform dances using simple movement patterns.							
SWS: Swim competently, confidently and proficiently over a distance of at least 25 metres.							

* **Swimming units alongside main units (12 weeks per child)**

PHYSICAL EDUCATION (KS2 – YEAR 3)

KEY STAGE 2 - PE	Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.						
	YEAR 3						
	Autumn 1	Autumn 2		Spring 1	Spring 2	Summer 1	Summer 2
	Hockey	Circuits		Gymnastics	(Sitting) Volleyball	Dance	Athletics
	Dodgeball	Basketball		Handball	Boccia	Tennis	Rounders
KS2: Use running, jumping, throwing and catching in isolation and in combination.							
KS2: Play competitive games, modified where appropriate, such as badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending.							
KS2: Develop flexibility, strength, technique, control and balance, for example through athletics and gymnastics.							
KS2: Perform dances using a range of movement patterns.							
KS2: Take part in outdoor and adventurous activity challenges both individually and within a team.							
KS2: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.							

PHYSICAL EDUCATION (KS2 – YEAR 4)

KEY STAGE 2 - PE	Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.							
	YEAR 4							
	Autumn 1	Autumn 2	Spring 1	Spring 2		Summer 1		Summer 2
	Football	Netball	Dance	Orienteering (and circuits)		Athletics		Cricket
	Badminton	Gymnastics	Basketball	Tag Rugby		Golf		Goalball
KS2: Use running, jumping, throwing and catching in isolation and in combination.								
KS2: Play competitive games, modified where appropriate, such as badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending.								
KS2: Develop flexibility, strength, technique, control and balance, for example through athletics and gymnastics.								
KS2: Perform dances using a range of movement patterns.								
KS2: Take part in outdoor and adventurous activity challenges both individually and within a team.								
KS2: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.								

PHYSICAL EDUCATION (KS2 – YEAR 5)

KEY STAGE 2 - PE	Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.						
	YEAR 5						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
	Netball	Handball	Gymnastics	Tag Rugby	Cricket	Tennis	
	Football	Dance	(Indoor) Athletics	Tchoukball			
	Swimming						
KS2: Use running, jumping, throwing and catching in isolation and in combination.							
KS2: Play competitive games, modified where appropriate, such as badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending.							
KS2: Develop flexibility, strength, technique, control and balance, for example through athletics and gymnastics.							
KS2: Perform dances using a range of movement patterns.							
KS2: Take part in outdoor and adventurous activity challenges both individually and within a team.							
KS2: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.							
Swim competently, confidently and proficiently over a distance of at least 25 metres.							
Use a range of strokes effectively such as front crawl, backstroke and breaststroke.							
Perform safe self-rescue in different water-based situations.							

*** Swimming units to rotate with other units as per class swimming schedules**

SWIMMING AND WATER SAFETY

KEY STAGE 1 AND KEY STAGE 2	All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2					
	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Swim competently, confidently and proficiently over a distance of at least 25 metres.		Swimming Sessions at Hothfield Site pool (12 weeks)			Swimming Sessions at Skipton Pool (12 weeks)	
Use a range of strokes effectively such as front crawl, backstroke and breaststroke.					Swimming Sessions at Skipton Pool (12 weeks)	
Perform safe self-rescue in different water-based situations.					Swimming Sessions at Skipton Pool (4-6 weeks, top group swimmers)	

OBJECTIVE-ACTIVITY OVERVIEW – KEY STAGE 1

	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
KS1: Master basic movements including running, jumping, throwing and catching...	Handball Multi-Skills Hockey Football Tennis Dodgeball Athletics	Multi-Skills Tennis Football Circuits Hockey Tag Rugby Dodgeball Athletics				
KS1: ...as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Multi-Skills Gymnastics Tennis Athletics	Gymnastics Multi-Skills Tennis Circuits Orienteering Athletics				
KS1: Participate in team games, developing simple tactics for attacking and defending.	Handball Tag Rugby Hockey Football Dodgeball	Football Hockey Tag Rugby Dodgeball				
KS1: Perform dances using simple movement patterns.	Dance	Dance				
SWS: Swim competently, confidently and proficiently over a distance of at least 25 metres.		Swimming			Swimming	
SWS: Use a range of strokes effectively such as front crawl, backstroke and breaststroke.					Swimming	
SWS: Perform safe self-rescue in different water-based situations.					Swimming	

OBJECTIVE-ACTIVITY OVERVIEW – KEY STAGE 2

	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
KS2: Use running, jumping, throwing and catching in isolation and in combination.			Dodgeball Circuits Basketball Handball Boccia Athletics Rounders	Netball Basketball Circuits Tag Rugby Athletics Cricket Goalball	Netball Handball (Indoor) Athletics Tag Rugby Tchoukball Cricket	Netball Fitness Training Tag Rugby Basketball Cricket Tchoukball Rounders
KS2: Play competitive games, modified where appropriate, such as badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending.			Hockey Dodgeball Basketball Handball (Sitting) Volleyball Boccia Tennis Rounders	Football Badminton Netball Basketball Tag Rugby Cricket Goalball	Netball Football Handball Tag Rugby Tchoukball Cricket Tennis	Hockey Netball Badminton Tag Rugby Basketball Volleyball Cricket Tchoukball Tennis Rounders
KS2: Develop flexibility, strength, technique, control and balance, for example through athletics and gymnastics.			Gymnastics Dance Athletics	Gymnastics Dance Athletics Golf	Dance Gymnastics (Indoor) Athletics	Fitness Training Dance Gymnastics Athletics
KS2: Perform dances using a range of movement patterns.			Gymnastics Dance	Gymnastics Dance	Dance Gymnastics	Dance Gymnastics
KS2: Take part in outdoor and adventurous activity challenges both individually and within a team.				Orienteering Golf		Buckden House Residential
KS2: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.			Circuits Gymnastics Dance Athletics	Gymnastics Dance Orienteering / Circuits Athletics	Dance Gymnastics (Indoor) Athletics	Fitness Training Dance Gymnastics Athletics
SWS: Swim competently, confidently and proficiently over a distance of at least 25 metres.		Swimming			Swimming	
SWS: Use a range of strokes effectively such as front crawl, backstroke and breaststroke.					Swimming	
SWS: Perform safe self-rescue in different water-based situations.					Swimming	

ACTIVITY OVERVIEW

	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
INVASION GAMES						
Football						
Hockey						
Tag Rugby						
Netball						
Basketball						
Dodgeball						
Handball						
Tchoukball						
Goalball						
STRIKING AND FIELDING GAMES						
Cricket						
Rounders / Softball / Baseball						
Golf						
NET AND WALL GAMES						
Tennis						
Badminton						
Volleyball						
GYMNASTICS						
DANCE						
ATHLETICS						
SWIMMING						
OUTDOOR AND ADVENTUROUS ACTIVITIES						
Orienteering						
Hill-Walking						
Kayaking						
Caving						
Ghyll Scrambling						
Archery						
GENERAL SKILLS AND FITNESS						
Multi-Skills						
Circuits / Fitness Training						
Boccia						