



Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
Nursery	Transport and trave	Fransport and travel		Gross Motor Multi skills			
	Continue to develop balancing, riding (so bikes) and ball skills	ooters, trikes and				their movement, cooters, trikes and bikes)	
	Go up steps and stai apparatus, using alt	· ·	Go up steps and stairs using alternate feet	, or climb up apparatus,	Go up steps and stairs, or climb up appo using alternate feet.		
	Skip, hop, stand on	one leg	Skip, hop, stand on one leg Skip, hop,			me leg	
	Match their developi tasks and activities i example, they decide walk or run across a	n the setting. For e whether to crawl, plank, depending	Start taking part in so which they make up fo teams.		Start taking part in some group activities which they make up for themselves, or in teams.		
	on its length and wi						
Reception	Fun Move Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	Fun Move Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	Gymnastics Demonstrate strength, balance and coordination when playing	Multi Skills Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	Team Games Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	Team Games Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	
	Gross Motor Gross Motor		Team games	Parachute Games	Dance	Athletics	
	Multi Skills	Multiskills	(nufc)	Move energetically,	(Dance till you	(The Olympic pack)	
	(Best of balls)	(Best of balls)	Move energetically,	such as running,	drop)	Move energetically, such	
	Move energetically,	Move	such as running,	jumping, dancing,	Demonstrate	as running, jumping,	
	such as running, jumping, dancing,	energetically, such as running, jumping, dancing,	jumping, dancing, hopping, skipping and climbing	hopping, skipping and climbing	strength, balance and coordination when playing	dancing, hopping, skipping and climbing	





	hopping, skipping	hopping, skipping				
	and climbing	and climbing				
Year 1	Team Games	Invasion Games (Football)	Invasion games (using a ball)	Dance	Striking and fielding	Athletics
	master basic			perform dances using		master basic
	movements	master basic	master basic	simple movement	master basic	movements including
	including running,	movements	movements including	patterns.	movements	running, jumping,
	jumping, throwing	including	running, jumping,		including running,	throwing and catching,
	and catching, as	running, jumping,	throwing and		jumping, throwing	as well as developing
	well as developing	throwing and	catching, as well as		and catching, as	balance, agility and co-
	balance, agility	catching, as well	developing balance,		well as developing	ordination, and begin
	and co-ordination,	as developing	agility and co-		balance, agility and	to apply these in a
	and begin to apply	balance, agility	ordination, and		co-ordination, and	range of activities
	these in a range of	and co-	begin to apply these		begin to apply these	
	activities	ordination, and	in a range of		in a range of	participate in team
		begin to apply	activities		activities	games, developing
	participate in team	these in a range				simple tactics for
	games, developing	of activities	participate in team		participate in team	attacking and defending
	simple tactics for		games, developing		games, developing	
	attacking and	participate in	simple tactics for		simple tactics for	
	defending	team games,	attacking and		attacking and	
		developing simple	defending		defending	
		tactics for attacking and				
		defending				
	Multi skills	Gymnastics	Athletics (Circuit	Team Games	Net and wall	Multi Skills
	(Running and	(Animal Antics)	training)	(Target)	(Bat and Ball)	(Sports day unit)
	jumping)	,	,	(NUFC)	(,	·····
	master basic	master basic	master basic	master basic	master basic	master basic
	movements	movements	movements including	movements including	movements	movements including
	including running,	including	running, jumping,	running, jumping,	including running,	running, jumping,
	jumping, throwing	running, jumping,	throwing and	throwing and catching,	jumping, throwing	throwing and catching,





	and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	throwing and catching, as well as developing balance, agility and co- ordination, and begin to apply these in a range of activities	catching, as well as developing balance, agility and co- ordination, and begin to apply these in a range of activities	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	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	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
Year 2	Invasion Games (Football) 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	Team games 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	Gymnastics 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	Problem solving 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	Athletics -Fitness Circuits 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	Striking and fielding (Rounders) 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





	Multi Skills (Throwing and catching) 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	tactics for attacking and defending Invasion (Hockey) 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	Team games (Target games) (NUFC) 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	Athletics (Skipping) 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	Net and wall (Fundamentals) 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	Athletics (Animal Olympics) 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
Year 3	Problem Solving	Invasion (Football)	Striking and Fielding	Dance perform dances using a	Net and wall (Badminton)	Striking and fielding (Cricket)
	use running, jumping, throwing and catching in	play competitive games, modified	use running, jumping, throwing	perform dances using a range of movement patterns	use running, jumping, throwing	use running, jumping, throwing and catching





isolation and in	where appropriate	and catching in		and catching in	in isolation and in
combination	[for example,	isolation and in	compare their	isolation and in	combination
	badminton,	combination	performances with	combination	
take part in	, basketball,		previous ones and		play competitive games,
outdoor and	cricket, football,	play competitive	demonstrate	play competitive	modified where
adventurous	hockey, netball,	games, modified	improvement to	games, modified	appropriate [for
activity challenges	rounders and	where appropriate	achieve their personal	where appropriate	example, badminton,
both individually	tennis], and	[for example,	best.	[for example,	basketball, cricket,
and within a team	apply basic	badminton,		badminton,	football, hockey,
	principles suitable	basketball, cricket,		basketball, cricket,	netball, rounders and
	for attacking and	football, hockey,		football, hockey,	tennis], and apply
	defending	netball, rounders		netball, rounders	basic principles suitable
	, ,	and tennis], and		and tennis], and	for attacking and
		apply basic		apply basic	defending
		principles suitable for		principles suitable	, ,
		attacking and		for attacking and	
		defending		defending	
Athletics (Circuit	Invasion	Gymnastics	Invasion	Athletics	ΟΑΑ
training)	(Basketball)	(Shape)	(Dodgeball)	(Skipping)	(Year 3 OAA)
		develop flexibility,	(nufc)		
use running,	use running,	strength, technique,		use running,	take part in outdoor
jumping, throwing	jumping,	control and balance	use running, jumping,	jumping, throwing	and adventurous
and catching in	throwing and	[for example,	throwing and catching	and catching in	activity challenges both
isolation and in	catching in	through athletics	in isolation and in	isolation and in	individually and within
combination	isolation and in	and gymnastics]	combination	combination	a team
	combination				
develop flexibility,		compare their	play competitive	develop flexibility,	
strength, technique,	play competitive	performances with	games, modified where	strength, technique,	
control and balance	games, modified	previous ones and	appropriate [for	control and balance	
[for example,	where appropriate	demonstrate	example, badminton,	[for example,	
through athletics	[for example,	improvement to	basketball, cricket,	through athletics	
and gymnastics]	badminton,		football, hockey,	and gymnastics]	





	compare their performances with previous ones and demonstrate improvement to achieve their personal best.	basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	achieve their personal best.	netball, rounders and tennis], and apply basic principles suitable for attacking and defending	compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
Year 4	Invasion Games (Football) 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	Problem solving use running, jumping, throwing and catching in isolation and in combination take part in outdoor and adventurous activity challenges both individually and within a team	Gymnastics develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Net and Wall (Tennis) 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	Swimming 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 [for example, front crawl, backstroke and breaststroke]	Swimming 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 [for example, front crawl, backstroke and breaststroke]





Year 5Invasion GamesProblem SolvingGymnasticsTeam GamesStriking and	basic principles suitable for attacking and defending Invasion	
(Football)develop flexibility,use running, jumping,fieldingstrength, technique,throwing and catching	(Tag Rugby)	





play competitive	take part in	control and balance	in isolation and in	use running,	use running, jumping,
games, modified	outdoor and	[for example,	combination	jumping, throwing	throwing and catching
where appropriate	adventurous	through athletics		and catching in	in isolation and in
[for example,	activity	and gymnastics]		isolation and in	combination
badminton,	challenges both			combination	
basketball, cricket,	individually and	compare their			play competitive games,
football, hockey,	within a team	performances with		play competitive	modified where
netball, rounders		previous ones and		games, modified	appropriate [for
and tennis], and		demonstrate		where appropriate	example, badminton,
apply basic		improvement to		[for example,	basketball, cricket,
principles suitable		achieve their		badminton,	football, hockey,
for attacking and		personal best.		basketball, cricket,	netball, rounders and
defending				football, hockey,	tennis], and apply
				netball, rounders	basic principles suitable
				and tennis], and	for attacking and
				apply basic	defending
				principles suitable	
				for attacking and	
	-			defending	
OAA	Invasion games	Swimming	Swimming	Athletics	Leadership in PE
(Year 5 OAA)	(Netball)			(Year 5 Athletics)	(Year 6 unit)
	use running,	compare their	compare their		
take part in	jumping,	performances with	performances with	use running,	use running, jumping,
outdoor and	throwing and	previous ones and	previous ones and	jumping, throwing	throwing and catching
adventurous	catching in	demonstrate	demonstrate	and catching in	in isolation and in
activity challenges	isolation and in	improvement to	improvement to	isolation and in	combination
both individually	combination	achieve their	achieve their personal	combination	
and within a team	play competitive	personal best.	best.		play competitive games,
	games, modified			play competitive	modified where
	where appropriate	swim competently,	swim competently,	games, modified	appropriate [for
	[for example,	confidently and	confidently and	where appropriate	example, badminton,
	badminton,	proficiently over a	proficiently over a	[for example,	basketball, cricket,





		basketball,	distance of at least	distance of at least 25	badminton,	football, hockey,
		cricket, football,	25 metres	metres	basketball, cricket,	netball, rounders and
		hockey, netball,			football, hockey,	tennis], and apply
		rounders and	use a range of	use a range of strokes	netball, rounders	basic principles suitable
		tennis], and	strokes effectively	effectively [for	and tennis], and	for attacking and
		apply basic	[for example, front	example, front crawl,	apply basic	defending
		principles suitable	crawl, backstroke	backstroke and	principles suitable	
		for attacking and	and breaststroke]	breaststroke]	for attacking and	
		defending	perform safe self-		defending	
			rescue in different water-based	perform safe self-rescue	daumlan flassibilitu	
			situations.	in different water- based situations.	develop flexibility, strength, technique,	
			SILLILIOTIS.	Duseu situtuotis.	control and balance	
					[for example,	
					through athletics	
					and gymnastics]	
Year 6	Invasion	ΟΑΑ	Net and Wall	Dance	Athletics	Striking and Fielding
	(Football)		(Badminton)		Olympic games	(Cricket)
				perform dances using a		use running, jumping,
	play competitive	take part in	use running,	range of movement	use running,	throwing and catching
	games, modified	outdoor and	jumping, throwing	patterns	jumping, throwing	in isolation and in
	where appropriate	adventurous	and catching in		and catching in	combination
	[for example,	activity	isolation and in	compare their	isolation and in	
	badminton,	challenges both	combination	performances with	combination	play competitive games,
	-	5			Continuation	
	basketball, cricket,	individually and		previous ones and		modified where
	basketball, cricket, football, hockey,	5	play competitive	previous ones and demonstrate	develop flexibility,	modified where appropriate [for
	basketball, cricket, football, hockey, netball, rounders	individually and	play competitive games, modified	previous ones and demonstrate improvement to	develop flexibility, strength, technique,	modified where appropriate [for example, badminton,
	basketball, cricket, football, hockey, netball, rounders and tennis], and	individually and	play competitive games, modified where appropriate	previous ones and demonstrate improvement to achieve their personal	develop flexibility, strength, technique, control and balance	modified where appropriate [for example, badminton, basketball, cricket,
	basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic	individually and	play competitive games, modified where appropriate [for example,	previous ones and demonstrate improvement to	develop flexibility, strength, technique, control and balance [for example,	modified where appropriate [for example, badminton, basketball, cricket, football, hockey,
	basketball, cricket, football, hockey, netball, rounders and tennis], and	individually and	play competitive games, modified where appropriate	previous ones and demonstrate improvement to achieve their personal	develop flexibility, strength, technique, control and balance	modified where appropriate [for example, badminton, basketball, cricket,





		netball, rounders and tennis], and apply basic principles suitable for attacking and defending		compare their performances with previous ones and demonstrate improvement to achieve their personal best.	for attacking and defending
Swimming	Swimming	Invasion	Invasion (Basketball)	Athletics	Invasion
		(Handball)	(NUFC)	(Circuit training)	(Volleyball)
compare their	compare their				
performances with	performances	use running,	use running, jumping,	use running,	use running, jumping,
previous ones and	with previous	jumping, throwing	throwing and catching	jumping, throwing	throwing and catching
demonstrate	ones and	and catching in	in isolation and in	and catching in	in isolation and in
improvement to achieve their	demonstrate improvement to	isolation and in combination	combination	isolation and in combination	combination
personal best.	achieve their		play competitive		play competitive games,
	personal best.	play competitive	games, modified where	develop flexibility,	modified where
swim competently,		games, modified	appropriate [for	strength, technique,	appropriate [for
confidently and	swim	where appropriate	example, badminton,	control and balance	example, badminton,
proficiently over a	competently,	[for example,	basketball, cricket,	[for example,	basketball, cricket,
distance of at least	confidently and	badminton,	football, hockey,	through athletics	football, hockey,
25 metres	proficiently over a distance of at	basketball, cricket, football, hockey,	netball, rounders and tennis], and apply	and gymnastics]	netball, rounders and tennis], and apply
use a range of	least 25 metres	netball, rounders	basic principles	compare their	basic principles suitable
strokes effectively		and tennis], and	suitable for attacking	performances with	for attacking and
[for example, front	use a range of	apply basic	and defending	previous ones and	defending
crawl, backstroke	strokes effectively	principles suitable for		demonstrate	
and breaststroke	[for example,	attacking and		improvement to	
	front crawl,	defending		achieve their	
perform safe self-	backstroke and			personal best.	
rescue in different	breaststroke]				





water-based situations.	perform safe self- rescue in different		
	water-based		
	situations.		