

PE Programme of Study

	Cycle 1			Cycle 2		
	Autumn	Spring	Summer	Autumn	Spring	Summer
Phase 1/2	Turrets and Tiaras (LHS)	African Adventure	Honey Honey	Into the woods (Local study)	Flying High	Beside The Seaside
	Gymnastics	Tennis	Cricket	Gymnastics	Tennis	Cricket
	Multi Skills	Target Games	Athletics	Multi Skills	Target Games	Athletics
	Football	Rugby Tots	Inclusive Sports	Football	Rugby Tots	Inclusive Sports
	Yoga	Dance	Dance	Yoga	Dance	Dance
Phase 3/4 Swimming 22\23	Ice Worlds	London Calling (LHS)	Rainforest Adventure	Storms and Shipwrecks	The Invaders	Wild Water (local study)
	Gymnastics	Tennis	Orienteering	Gymnastics	Tennis	Orienteering
	Dodgeball	Yoga	Athletics	Dodgeball	Yoga	Athletics
	Football	Tri Golf	Cricket	Football	Tri Golf	Cricket
	Dance	TAG Rugby	Inclusive Sports	Dance	TAG Rugby	Inclusive Sports
Phase 5/6	Reach For The Stars	Tudor Treasures	Stones And Bones	Ancient Civilisations	We'll Meet Again	Voyage of Discovery (LHS)
	TAG Rugby	Inclusive Sports	Cricket	TAG Rugby	Inclusive Sports	Cricket
	Orienteering	Hockey	Tennis	Orienteering	Hockey	Tennis
	Basketball	Football	Rounders	Basketball	Football	Rounders
	Gymnastics	Dance	Athletics	Gymnastics	Dance	Athletics

PE – National Curriculum Programme of Study – KS1
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• 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.
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• Participate in team games, developing simple tactics for attacking and defending.

• Perform dances using simple movement patterns.
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PE – National Curriculum Programme of Study – KS2
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• Use running, jumping, throwing and catching in isolation and in combination.
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• Play competitive games, modified where appropriate.

• Develop flexibility, strength, technique, control, and balance through athletics and gymnastics perform a range of dances.
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• Take part in outdoor and adventurous activity challenges both individually and within a team.

• 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.

• Perform safe self-rescue in different water-based situations.
