

Progression of skills in P.E

| Key concepts taught throughout P.E | | | |
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| <ul style="list-style-type: none"> • Develop practical skills • Be physically confident in a way to support health and fitness • Compete • To be able to think tactically in game situations | | | |
| | Autumn Term | Spring Term | Summer Term |
| Year 1 | Playground Games Target games https://www.getset4pe.co.uk/lesson/ks1/target-games/schemeofwork?years=1000,1001 Dance linked to topic focus on coordination- perform simple movement patterns | Ball skills Sending and receiving https://www.getset4pe.co.uk/lesson/ks1/sending-and-receiving/schemeofwork?years=1000,1001 Gymnastics- balance and movement, refer to key steps routine | Invasion Games https://www.getset4pe.co.uk/lesson/ks1/invasion/schemeofwork?years=1000,1001 Sports day preparation & training |
| Year 2 | Indoor-Dance https://www.bbc.co.uk/teach/school-radio/history-ks2-the-great-fire-of-london/z4bft39 Ball skills Sending and receiving https://www.getset4pe.co.uk/lesson/ks1/sending-and-receiving/schemeofwork?years=1000,1001 | Invasion games feet- football | Sports day preparation & training Striking and fielding https://www.getset4pe.co.uk/lesson/ks1/striking-and-fielding?years=1000,1001 |
| Year 3 | Gymnastics Football Tag Rugby | Dance Following a routine, dance fitness- Zumba, mirror images, creating own routines, performing. Netball Kick Ball Rounders | Cricket Athletics |

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| Year 4 | Gymnastics balancing, moving, floor, vault, horse Basketball | Dance Tag Rugby | Rounders Athletics |
| Year 5 | Badminton Hockey Football | Gymnastics Netball Tag Rugby | Cricket Athletics |
| Year 6 | Badminton Tag Rugby | Gymnastics Netball Kick Ball Rounders | Tennis Athletics |