|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 1** | Games – Large Ball  Dance – Movement to music | Gymnastics – Working through body management routines.  Games – Throwing and catching with partners. | Indoor athletics. Netball/Football/  Hockey/Rugby  Dance – Movement to music | Dance – expressive movement  Gymnastics – high/low apparatus work incorporating routines. | Athletics/Sports Day Prep  Gymnastics – Sequencing work | Rounders/ Field Games  Dance – expressive movement |
| **Year 2** | Cross country  Games – Throwing and catching inventing own games. | Games – aiming, hitting, kicking.  Gymnastics – Working through body management routines. | Indoor athletics. Netball/Football/  Hockey/Rugby  Dance | Dance  Gymnastics – high/low apparatus work incorporating routines. | Athletics/Sports Day Prep  Dance | Rounders/ Field Games  Gymnastics – Apparatus work |
| **Year 3** | Cross country  Ball games | Gymnastics – Working through body management routines.  Dance | Indoor athletics. Netball/Football/  Hockey/Rugby  Ball games | Dance  Gymnastics – high/low apparatus work incorporating routines. | Athletics/Sports Day Prep  Dance | Rounders/ Field Games  Gymnastics – Sequencing Work |
| **Year 4** | Swimming    Cross country | Swimming  Gymnastics – Working through body management routines. | Swimming  Indoor athletics. Netball/Football/  Hockey/Rugby | Swimming  Dance | Swimming  Athletics/Sports Day Prep | Swimming  Rounders/ Field Games |
| **Year 5** | Cross Country  1k route. Measure progress times.  Dance | Gymnastics - Working through body management routines.  Ball games | Indoor athletics. Netball/Football/  Hockey/Rugby  Gymnastics - high/low apparatus work incorporating routines. | Dance  Ball games | Athletics/Sports Day Prep  Dance | Rounders/ Field Games  Gymnastics – Sequencing Work |
| **Year 6** | Cross Country  1k route. Measure progress times.  Dance | Gymnastics - Working through body management routines.  Ball games | Indoor athletics. Netball/Football/  Hockey/Rugby  Dance | Dance  Gymnastics - high/low apparatus work incorporating routines. | Athletics/Sports Day Prep  Ball games | Rounders/ Field Games  Gymnastics – Partner work |

Ball games: Football, tennis, cricket, netball, tag rugby, basketball, hockey.

Any of these ball games can be taught during PE, as long as you include the skills that your year group needs to be taught during the phase. Also including basic attacking and defending techniques during the sports where applicable.