

Physical Education Programme of Study for EYFS, Key Stages 1 and 2

Sports and Activities include: Net and Wall games, Invasion Games, Gymnastics, Athletics, Striking and Fielding, Dance and Multi-Skills/FUNDamentals*

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS					Agility, Running and Dynamic Balance, Skills, FUNDamentals	General Fitness, Running, Skipping, Multi-skills, FUNDamentals
Years 1/2	Football and Tag Rugby Skills: passing, dribbling, throwing/catching techniques, kicking techniques	Hockey, Netball, Basketball skills: dribbling, passing, catching skills, special awareness skills	Gymnastics: jumping, balancing, rolling skills, movement memory skills, group routine and planning	Net and Wall Games: Tennis/Racket and Ball skills, ball manipulations and master skills, hand-eye co-ordination skills	Athletics: running (short and long distance), throwing, jumping, team events	Batting and Fielding Games: cricket, softball, rounder, batting skills, throwing /catching and fielding skills
Years 3/4	Football and Tag Rugby Skills: covering skills/techniques and applying to game/match situations	Hockey, Netball, Basketball skills: Covering skills/techniques and applying to gam/match situations	Gymnastics: jumping, balancing, rolling skills, movement memory skills, group routine and planning	Net and Wall Games: Tennis/Racket and Ball skills, covering skills; techniques and applying to game/match situations	Athletics: running (short and long distance), throwing, jumping, team events	Batting and Fielding Games: covering skills/techniques and applying to game/match situations
Years 5/6	Football and Tag Rugby matches, tactical development, positional development and awareness	Hockey, Netball, Basketball skills: Matches, tactical development, positional development and awareness	Gymnastics: jumping, balancing, rolling skills, movement memory skills, group routine and planning	Net and Wall Games: matches, tactical, development, positional development and awareness	Athletics: running (short and long distance), throwing, jumping, team events	Batting and Fielding Games: matches, tactical development, positional development and awareness

* FUNDamentals include running, jumping, changing direction through fun games and activities.