

Year Group	Autumn Term	Spring Term	Summer Term
	Early Years – Physical Development		
	<p>In EYFS PE is delivered through physical development. Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness. Physical development is developed through a play based child centered approach.</p>		
Early Years	Continuous Provision	Athletics and Dance	Gym – Rocking and Rolling and Net and Wall Games
Year 1	Fundamental Movement Skills 1 and 2	Dance and Gymnastics – Balancing and Spinning	Invasion Games 1 (Hockey) and Striking and Fielding Game Skills 1 (Cricket)
Year 2	Fundamental Movement Skills 2 and 3	Dance and Gymnastics – Pathways	Invasion Games 2 (Similar to Netball) and Striking and Fielding Games Skills 2 (Cricket)
Year 3	Health Related Fitness and Dance	Tennis and Netball	Athletics and OAA
Year 4	Health Related Fitness and Dance	Handball and Rounders	Gymnastics – Arching and bridges and OAA
Year 5	Health Related Fitness and Dance	Swimming, Tennis and Netball	Athletics and Team Building and Problem Solving
Year 6	Health Related Fitness, Dance and Swimming	Hockey and Rounders	Gymnastics Counter balance, Swimming and Leadership