

Year	Autumn 1a	Autumn 1b	Autumn 2a	Autumn 2b	Spring 1a	Spring 1b	Spring 2a	Spring 2b	Summer 1a	Summer 1b	Summer 2a	Summer 2b
R	Fun and Games		Movement Development		Working with others		Throwing and Catching		Ball Skills	Fitness	Dance	Olympics Summer
Y1	Rugby	Hockey	Gymnastics	Dance	Badminton	Yoga	Football	Dodgeball	Golf	OAA	Athletics	Cricket
Y2	Tennis	OAA	Basketball	Archery	Football	Gymnastics	Netball	Dance	Yoga	Volleyball/Handball	Rounders	Athletics
Y3	Rugby	Hockey	Gymnastics	Dance	Badminton	Yoga	Football	Dodgeball	Golf	OAA	Athletics	Cricket
Y4	Tennis	OAA	Basketball	Archery	Football	Gymnastics	Netball	Dance	Swimming Yoga	Swimming Volleyball	Swimming Rounders	Swimming Athletics
Y5	Rugby	Hockey	Football	Dance	Swimming Badminton	Swimming Yoga	Swimming Gymnastics	Swimming Dodgeball	Golf	OAA	Athletics	Cricket
Y6	Swimming Tennis	Swimming OAA	Swimming Basketball	Swimming Archery	Gymnastics	Netball	Yoga	Dance	Football	Volleyball	Rounders	Athletics

**STRIKING AND FIELDING** - Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination.

**INVASION GAMES** - Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination.

**NET AND WALL GAMES** - Play competitive games, modified where appropriate [for example, badminton, tennis], and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination.

**DANCE** - Perform dances using a range of movement patterns

**GYMNASTICS/ATHLETICS** - Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

**OAA** - Take part in outdoor and adventurous activity challenges both individually and within a team

# Physical education programmes of study: key stages 1 and 2

## National curriculum in England

### Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- 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.