

|                      | Autumn 1 & 2                                                                                                                                                                                                                                                                                       | Spring 1                                                                                                                                                                                                                                               | Spring 2/ Summer                                                                                                                                                                                                                                                                                                                                                                          |
|----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Reception/<br>Year 1 | Pupils should be taught to: <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> </ul>                                | Pupils should be taught to: <ul style="list-style-type: none"> <li>Perform dances using simple movement patterns [for example, through dance and gymnastics]</li> </ul>                                                                                | Pupils should be taught to: <ul style="list-style-type: none"> <li>Participate in team games, developing simple tactics for attacking and defending [for example, through football, tennis, cricket, hockey and netball]</li> </ul>                                                                                                                                                       |
| Year 1/2             | Pupils should be taught to: <ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> </ul>                                | Pupils should be taught to: <ul style="list-style-type: none"> <li>Perform dances using simple movement patterns [for example, through dance and gymnastics]</li> </ul>                                                                                | Pupils should be taught to: <ul style="list-style-type: none"> <li>Participate in team games, developing simple tactics for attacking and defending [for example, through football, tennis, cricket, hockey and netball]</li> </ul>                                                                                                                                                       |
| Year 2/3             | Pupil should be taught: <ul style="list-style-type: none"> <li>Master and use running, jumping, throwing and catching in isolation and in combination</li> <li>Master and develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> </ul> | Pupils should be taught to: <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>Perform dances using a range of movement patterns</li> </ul> | Pupils should be taught to: <ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate [for example, badminton, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> </ul>                                                                                                       |
| Year4/5              | Pupils should be taught to: <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> </ul>                   | Pupils should be taught to: <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>Perform dances using a range of movement patterns</li> </ul> | Pupils should be taught to: <ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate [for example, badminton, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>Take part in outdoor and adventurous activity challenges both individually and within a team</li> </ul> |
| Year 5/6             | Pupils should be taught to: <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> </ul>                   | Pupils should be taught to: <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>Perform dances using a range of movement patterns</li> </ul> | Pupils should be taught to: <ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate [for example, badminton, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>Take part in outdoor and adventurous activity challenges both individually and within a team</li> </ul> |