

Autumn Term				
	1st Year		2 nd Year	
	A Topic	Key Skills	B Topic	Key Skills
Yr 1/2 Aut 1	Games Ball skills	<ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate. • Attack and defend. 	Games Invasion - hockey	<ul style="list-style-type: none"> • Use rolling, hitting, running, jumping, catching and kicking skills in combination. • Develop tactics. • Lead others when appropriate • Attack and defend
EYFS		Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.		Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.
Nursery		Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking		Gradually gain control of their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking
Yr 1/2 Aut 2	Dance through stories – The Greatest Showman	<ul style="list-style-type: none"> • Copy and remember moves and positions. • Move with careful control and coordination • Link two or more actions to perform a sequence. • Choose movements to communicate a mood, feeling or idea. 	Dance through stories –	<ul style="list-style-type: none"> • Copy and remember moves and positions. • Move with careful control and coordination • Link two or more actions to perform a sequence. • Choose movements to communicate a mood, feeling or idea.
EYFS		Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.		Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.

		Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.		Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Nursery		Clap and stamp to music.		Clap and stamp to music.

Spring Term				
	1st Year		2nd Year	
	Topic	Key Skills	Topic	Key Skills
Yr 1/2 Spr 1	Gymnastics	Copy and remember actions. Move with some control and awareness of space. Link two or more actions to make a sequence. Show contrasts Travel by rolling forwards, backwards and sideways. Hold a position whilst balancing on different points of the body Climb safely on equipment. Develop flexibility. Jump in a variety of ways and land	Gymnastics	Copy and remember actions. Move with some control and awareness of space. Link two or more actions to make a sequence. Show contrasts Travel by rolling forwards, backwards and sideways. Hold a position whilst balancing on different points of the body. Climb safely on equipment. Develop flexibility. Jump in a variety of ways and land
EYFS		Demonstrate strength, balance and coordination when playing.		Demonstrate strength, balance and coordination when playing.
Nursery		Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them.		Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them.

Yr 1/2 Spr 2	Games Net/Wall- badminton	Use rolling, hitting, running, jumping, catching and kicking skills in combination. Develop tactics. Lead others when appropriate.	Games Invasion - netball	Use rolling, hitting, running, jumping, catching and kicking skills in combination. Develop tactics. Lead others when appropriate. Attack and defend
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Summer Term				
	1st Year		2nd Year	
	Topic	Key Skills	Topic	Key Skills
Yr 1/2 Sum 1	Athletics	Athletic activities are combined with games in Years 1 and 2.	Athletics	Athletic activities are combined with games in Years 1 and 2.
EYFS		Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.		Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Nursery		Enjoy starting to kick, throw and catch balls. Build independently with a range of appropriate resources Skip, hop, stand on one leg and hold a pose for a game like musical statues		Enjoy starting to kick, throw and catch balls. Build independently with a range of appropriate resources. Skip, hop, stand on one leg and hold a pose for a game like musical statues.
Yr 1/2 Sum 2	Games Striking & fielding Cricket/rounders	Use rolling, hitting, running, jumping, catching and kicking skills in combination. Develop tactics. Lead others when appropriate. Attack and defend	Games Net/Wall- tennis	Use rolling, hitting, running, jumping, catching and kicking skills in combination. Develop tactics. Lead others when appropriate.

EYFS		Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.		Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Nursery		Walk, run, jump and climb. Start taking part in some group activities which they make up for themselves, or in teams		Walk, run, jump and climb Start taking part in some group activities which they make up for themselves, or in teams

Subject: PE KS2

Milestone 2

Autumn Term				
	1st Year		2nd Year	
	Topic	Key Skills	Topic	Key Skills
Yr 3/4 Aut 1	Games Invasion- tag rugby	<ul style="list-style-type: none"> • Throw and catch with control and accuracy. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. 	Games Invasion -hockey	<ul style="list-style-type: none"> • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).

		<ul style="list-style-type: none"> • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands). • Pass to team mates at appropriate times. • Lead others and act as a respectful team member. 		<ul style="list-style-type: none"> • Pass to team mates at appropriate times. • Lead others and act as a respectful team member.
Yr 3/4 Aut 2	Dance/Drama Through class themes/ Books/pictures/music The Greatest Showman	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Create dances and movements that convey a definite idea. • Change speed and levels within a performance. • Develop physical strength and suppleness by practising moves and stretching. 	Dance/Drama Through class themes/ Books/pictures/music	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. • Create dances and movements that convey a definite idea. • Change speed and levels within a performance. • Develop physical strength and suppleness by practising moves and stretching.

Spring Term				
1st Year			2 nd Year	
	Topic	Key Skills	Topic	Key Skills
Yr 3/4 Spr 1	Gymnastics	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences. 	Gymnastics	<ul style="list-style-type: none"> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Refine movements into sequences.

		<ul style="list-style-type: none"> • Show changes of direction, speed and level during a performance. • Travel in a variety of ways, including flight, by transferring weight to generate power in movements. • Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape). • Swing and hang from equipment safely (using hands). 		<ul style="list-style-type: none"> • Show changes of direction, speed and level during a performance. • Travel in a variety of ways, including flight, by transferring weight to generate power in movements. • Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape). • Swing and hang from equipment safely (using hands).
	Swimming	<ul style="list-style-type: none"> • Swim between 25 and 50 metres unaided. • Use more than one stroke and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movements. • Swim at the surface and below the water. 	Swimming	<ul style="list-style-type: none"> • Swim between 25 and 50 metres unaided. • Use more than one stroke and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movements. • Swim at the surface and below the water.
Yr 3/4 Spr 2	Games Net/Wall - badminton	<ul style="list-style-type: none"> • Throw and catch with control and accuracy. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Time a hit of the ball 	Games Invasion- basketball	<ul style="list-style-type: none"> • Throw and catch with control and accuracy. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).

		<ul style="list-style-type: none"> • Lead others and act as a respectful team member. 		<ul style="list-style-type: none"> • Pass to team mates at appropriate times. • Lead others and act as a respectful team member.
	Swimming	<ul style="list-style-type: none"> • Swim between 25 and 50 metres unaided. • Use more than one stroke and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movements. • Swim at the surface and below the water. 	Swimming	<ul style="list-style-type: none"> • Swim between 25 and 50 metres unaided. • Use more than one stroke and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movements. • Swim at the surface and below the water.

Summer Term				
	1st Year		2nd Year	
	Topic	Key Skills	Topic	Key Skills
Yr 3/4 Sum 1	Athletics	<ul style="list-style-type: none"> • Sprint over a short distance up to 60 metres. • Run over a longer distance, conserving energy in order to sustain performance 	Athletics	<ul style="list-style-type: none"> • Sprint over a short distance up to 60 metres. • Run over a longer distance, conserving energy in order to sustain performance

		<ul style="list-style-type: none"> • Use a range of throwing techniques (such as under arm, over arm). • Throw with accuracy to hit a target or cover a distance. • Jump in a number of ways, using a run up where appropriate. • Compete with others and aim to improve personal best performances. 		<ul style="list-style-type: none"> • Use a range of throwing techniques (such as under arm, over arm). • Throw with accuracy to hit a target or cover a distance. • Jump in a number of ways, using a run up where appropriate. • Compete with others and aim to improve personal best performances.
Yr 3/4 Sum 2	Games Striking & fielding cricket	<ul style="list-style-type: none"> • Throw and catch with control and accuracy. • Strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. • Follow the rules of the game and play fairly. • Lead others and act as a respectful team member. 	Games Net/Wall - tennis	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • Strike a bowled or volleyed ball with accuracy. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team.

Autumn Term				
	1st Year		2 nd Year	
	Topic	Key Skills	Topic	Key Skills
Yr 5/6 Aut 1	Games Invasion- tag rugby	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team. 	Games Invasion - football	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team.
Yr 5/6 Aut 2	Dance/Drama Through class themes/ Books/pictures/music The Greatest Showman	<ul style="list-style-type: none"> • Compose creative and imaginative dance sequences. • Perform expressively and hold a precise and strong body posture. • Perform and create complex sequences. • Express an idea in original and imaginative ways. • Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. • Perform complex moves that combine strength and stamina 	Dance/Drama Through class themes/ Books/pictures/music	<ul style="list-style-type: none"> • Compose creative and imaginative dance sequences. • Perform expressively and hold a precise and strong body posture. • Perform and create complex sequences. • Express an idea in original and imaginative ways. • Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece. • Perform complex moves that combine strength and stamina

		gained through gymnastics activities (such as cartwheels or handstands).		gained through gymnastics activities (such as cartwheels or handstands).
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Spring Term				
	1st Year		2 nd Year	
	Topic	Key Skills	Topic	Key Skills
Yr 5/6 Spr 1	Gymnastics	<ul style="list-style-type: none"> • Create complex and well-executed sequences that include a full range of movements including: <ul style="list-style-type: none"> • travelling • balances • swinging • springing • flight • vaults • inversions • rotations • bending, stretching and twisting • gestures • linking skills. • Hold shapes that are strong, fluent and expressive. • Include in a sequence set pieces, choosing the most appropriate linking elements. 	Gymnastics	<ul style="list-style-type: none"> • Create complex and well-executed sequences that include a full range of movements including: <ul style="list-style-type: none"> • travelling • balances • swinging • springing • flight • vaults • inversions • rotations • bending, stretching and twisting • gestures • linking skills. • Hold shapes that are strong, fluent and expressive. • Include in a sequence set pieces, choosing the most appropriate linking elements.

		<ul style="list-style-type: none"> • Vary speed, direction, level and body rotation during floor performances. • Practise and refine the gymnastic techniques used in performances (listed above). • Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). • Use equipment to vault and to swing (remaining upright). 		<ul style="list-style-type: none"> • Vary speed, direction, level and body rotation during floor performances. • Practise and refine the gymnastic techniques used in performances (listed above). • Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). • Use equipment to vault and to swing (remaining upright).
Yr 5/6 Spr 2	Games Net/Wall - badminton	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • Strike a bowled or volleyed ball with accuracy. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team. 	Games Invasion - netball	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team.

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Summer Term				
	1st Year		2nd Year	
	Topic	Key Skills	Topic	Key Skills
Yr 5/6 Sum 1	Athletics	<ul style="list-style-type: none"> • Combine sprinting with low hurdles over 60 metres. • Choose the best place for running over a variety of distances. • Throw accurately and refine performance by analysing technique and body shape. • Show control in take-off and landings when jumping. • Compete with others and keep track of personal best performances, setting targets for improvement. 	Athletics	<ul style="list-style-type: none"> • Combine sprinting with low hurdles over 60 metres. • Choose the best place for running over a variety of distances. • Throw accurately and refine performance by analysing technique and body shape. • Show control in take-off and landings when jumping. • Compete with others and keep track of personal best performances, setting targets for improvement.
	Swimming	<ul style="list-style-type: none"> • Swim between 25 and 50 metres unaided. • Use more than one stroke and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movements. • Swim at the surface and below the water. 	Swimming	<ul style="list-style-type: none"> • Swim between 25 and 50 metres unaided. • Use more than one stroke and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movements. • Swim at the surface and below the water.

<p>Yr 5/6 Sum 2</p>	<p>Games Striking & fielding - cricket</p>	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • Strike a bowled or volleyed ball with accuracy. • Use forehand and backhand when playing racket games. • Field, defend and attack tactically by anticipating the direction of play. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team. 	<p>Games Net/Wall – tennis</p>	<ul style="list-style-type: none"> • Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). • Work alone, or with team mates in order to gain points or possession. • Strike a bowled or volleyed ball with accuracy. • Use forehand and backhand when playing racket games. • Choose the most appropriate tactics for a game. • Uphold the spirit of fair play and respect in all competitive situations. • Lead others when called upon and act as a good role model within a team.
	<p>Swimming</p>	<ul style="list-style-type: none"> • Swim between 25 and 50 metres unaided. • Use more than one stroke and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movements. • Swim at the surface and below the water. 	<p>Swimming</p>	<ul style="list-style-type: none"> • Swim between 25 and 50 metres unaided. • Use more than one stroke and coordinate breathing as appropriate for the stroke being used. • Coordinate leg and arm movements. • Swim at the surface and below the water.