

KEY STAGE ONE - YEAR ONE

PE1/1.1	Sport & Games	TOPIC	TERM
PE1/1.1a	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	Gymnastics Team Game Athletics	1, 3 4, 5 6
PE1/1.1b	participate in team games, developing simple tactics for attacking and defending	Team Games	5
PE1/1.1c	perform dances using simple movement patterns. <i>Link to Animals topic.</i>	Dance	2

KEY STAGE ONE - YEAR TWO

PE1/1.1	Sport & Games	TOPIC	TERM
PE1/1.1a	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	Gymnastics Team Game Athletics	1, 3 4, 5 6
PE1/1.1b	participate in team games, developing simple tactics for attacking and defending	Team Games	5
PE1/1.1c	perform dances using simple movement patterns. <i>Link to Geog topic: Oceans/ sea.</i>	Dance	2

KEY STAGE TWO – YEAR THREE

PE2/1.1	Sport & Games	TOPIC	TERM
PE2/1.1a	use running, jumping, throwing and catching in isolation and in combination '10-step' athletics scheme.	Team Games Athletics	4 6
PE2/1.1b	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Team Games	4
PE2/1.1c	develop flexibility, strength, technique, control and balance '10-step' athletics scheme.	Gymnastics Athletics	1, 3 6
PE2/1.1d	perform dances using a range of movement patterns	Dance	2
PE2/1.1e	take part in outdoor and adventurous activity challenges both individually and within a team	Adventurous	5
PE2/1.1f	compare their performances with previous ones and demonstrate improvement to achieve their personal best. '10-step' athletics scheme.	Gymnastics Dance Athletics	1, 3 2 6
PE2/1.2	Swimming and water safety	TOPIC	TERM
PE2/1.2a	swim competently, confidently and proficiently over a distance of at least 25 metres	Swimming	3 / 4
PE2/1.2b	use a range of strokes effectively	Swimming	3 / 4
PE2/1.2c	perform safe self-rescue in different water-based situations.	Swimming	3 / 4

KEY STAGE TWO – YEAR FOUR

PE2/1.1	Sport & Games	TOPIC	TERM
PE2/1.1a	use running, jumping, throwing and catching in isolation and in combination '10-step' athletics scheme.	Team Games Athletics	4 6
PE2/1.1b	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Team Games	4
PE2/1.1c	develop flexibility, strength, technique, control and balance '10-step' athletics scheme.	Gymnastics Athletics	1, 3 6
PE2/1.1d	perform dances using a range of movement patterns	Dance	2
PE2/1.1e	take part in outdoor and adventurous activity challenges both individually and within a team	Adventurous	5
PE2/1.1f	compare their performances with previous ones and demonstrate improvement to achieve their personal best. '10-step' athletics scheme.	Gymnastics Dance Athletics	1, 3 2 6

PE2/1.2	Swimming and water safety	TOPIC	TERM
PE2/1.2a	swim competently, confidently and proficiently over a distance of at least 25 metres	Swimming	1 / 2
PE2/1.2b	use a range of strokes effectively	Swimming	1 / 2
PE2/1.2c	perform safe self-rescue in different water-based situations.	Swimming	1 / 2

KEY STAGE TWO – YEAR FIVE			
PE2/1.1	Sport & Games	TOPIC	TERM
PE2/1.1a	use running, jumping, throwing and catching in isolation and in combination '10-step' athletics scheme.	Team Games Athletics	4 6
PE2/1.1b	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Team Games	4
PE2/1.1c	develop flexibility, strength, technique, control and balance '10-step' athletics scheme.	Gymnastics Athletics	1, 3 6
PE2/1.1d	perform dances using a range of movement patterns	Dance	2
PE2/1.1e	take part in outdoor and adventurous activity challenges both individually and within a team	Adventurous	5
PE2/1.1f	compare their performances with previous ones and demonstrate improvement to achieve their personal best. '10-step' athletics scheme.	Gymnastics Dance Athletics	1, 3 2 6
PE2/1.2	Swimming and water safety	TOPIC	TERM
PE2/1.2a	swim competently, confidently and proficiently over a distance of at least 25 metres		
PE2/1.2b	use a range of strokes effectively		
PE2/1.2c	perform safe self-rescue in different water-based situations.		

KEY STAGE TWO – YEAR SIX			
PE2/1.1	Sport & Games	TOPIC	TERM
PE2/1.1a	use running, jumping, throwing and catching in isolation and in combination '10-step' athletics scheme.	Team Games Athletics	4 6

PE2/1.1b	play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Team Games	4
PE2/1.1c	develop flexibility, strength, technique, control and balance '10-step' athletics scheme.	Gymnastics Athletics	1, 3 6
PE2/1.1d	perform dances using a range of movement patterns	Dance	2
PE2/1.1e	take part in outdoor and adventurous activity challenges both individually and within a team	Adventurous	5
PE2/1.1f	compare their performances with previous ones and demonstrate improvement to achieve their personal best. '10-step' athletics scheme.	Gymnastics Dance Athletics	1, 3 2 6
PE2/1.2	Swimming and water safety	TOPIC	TERM
PE2/1.2a	swim competently, confidently and proficiently over a distance of at least 25 metres	Swimming	6
PE2/1.2b	use a range of strokes effectively	Swimming	6
PE2/1.2c	perform safe self-rescue in different water-based situations.	Swimming	6