

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Holistic Focus</b>	<b>Personal</b>	<b>Social</b>	<b>Creative</b>	<b>Cognitive</b>	<b>Health &amp; Fitness</b>	<b>Physical</b>
<b>EYFS Physical Focus</b>	<b>Footwork</b>	<b>Jumping &amp; Landing</b>	<b>Gymnastics - Shapes</b>	<b>Dance – Artistry</b>	<b>Run, Jump, Throw</b>	<b>Ball Skills</b>
<b>EYFS</b>	Forwards, Gallop, Hop, Walk, Run Backwards	Jump, Land, Soft	Pencil, Star, Tuck	Move, Spin, Big, Small	Throw, Aim, Fast	Roll, Catch, Hands
<b>Year 1 Physical Focus</b>	<b>Footwork Ball Chasing</b>	<b>Dance – Shapes Jumping &amp; Landing</b>	<b>Gymnastics – Travel Counter Balance</b>	<b>Drumba – Flow &amp; Focus Stance</b>	<b>Gymnastics – Flight Run, Jump, Throw</b>	<b>Balls Skills Net &amp; Wall</b>
<b>Year 1</b>	Skip, Hopscotch Sideways, Roll, Chase	Knee's, Arms, Straight, Circles,	Crawl, Climb, Leap Partner, Muscles	Flam, Singles, Doubles Stance, Shoulders, Balance	Sprint, Release, length/Height	Throw, Aim, Under, Over
<b>Year 2 Physical Focus</b>	<b>Footwork Stance</b>	<b>Jumping &amp; Landing Gymnastics – Travel</b>	<b>Dance – Artistry &amp; Shape Sporting Values</b>	<b>Gymnastics - Flight Sporting Values</b>	<b>Striking &amp; Fielding Run, Jump, Throw</b>	<b>Sending &amp; Receiving Net &amp; Wall</b>
<b>Year 2</b>	Side-step, Pivot, Reverse. Balance, Direction	Direction, Turn, Slide, Slither, Tucks, Rotate	Turning, Spinning, Beat, Fair, Sportsmanship, Resilience	Respect, Friendship, Determination, Power, Height, Spring, Bounce	Batter, Bowler, Fielder Power, Distance, Accuracy	Sender, Receiver, Racquet, Grip
<b>Year 3 Physical Focus</b>	<b>Inclusion Net &amp; Wall</b>	<b>Drumba - HRE Invasion</b>	<b>Dance – Partnering Ball Skills</b>	<b>Gymnastics – Travel &amp; Rotation Striking &amp; Fielding</b>	<b>Gymnastics – Flight Run, Jump, Throw</b>	<b>Striking &amp; Fielding OAA</b>
<b>Year 3</b>	Back hand, Forehand, Serve, Fair,	Beat, Rhythm, triples Attack, Defend	Mirror, Reflection, Canon, Around, Along, Above	Wolf Split Roll, Scrabble Roll, Technique, Bowling, Batting, Fielder	Baton, Shotput, Power, Accelerate, Force	Coordination, Run, Teamwork, Observe, Hunt, Stumps, Wickets
<b>Year 4 Physical Focus</b>	<b>Swimming – Wet PE</b>	<b>Swimming – Wet PE</b>	<b>Swimming – Wet PE</b>	<b>Swimming – Wet PE</b>	<b>Striking &amp; Fielding Run, Jump, Throw</b>	<b>Drumba – HRE Net &amp; Wall</b>
<b>Year 4</b>	Safe, Float, Water, Arms Legs	Front Stroke, Back Stroke, Star Float	Sink, Mushroom, Breast Stroke,	Huddle, Safety, Length, Emergency, Lifeguard, Coastguard	Take-off, Triple Jump, Strike, Field, Vortex	Paradiddle, Tempo, Timing
<b>Year 5 Physical Focus</b>	<b>Gymnastics – Rotation Net &amp; Wall</b>	<b>Drumba – HRE Invasion</b>	<b>Dance – Group Work Ball Skills</b>	<b>Gymnastics – Flight &amp; Travel Striking &amp; Fielding</b>	<b>Swimming – Wet PE</b>	<b>Swimming – Wet PE</b>
<b>Year 5</b>	Match, Relay, Court, Scoring, Sequence	Fitness, Health, Technique	Creative, Theme, Unison, Reaction, Response, Fluently	Apparatus, Performance, Tension	Water Safety Float, Front Crawl	Water Safety Back Stroke, Breast Stroke
<b>Year 6 Physical Focus</b>	<b>Invasion Net &amp; Wall</b>	<b>Drumba – HRE Invasion</b>	<b>Dance – Group Work Ball Skills</b>	<b>Gymnastics – Flight &amp; Travel Striking &amp; Fielding</b>	<b>Swimming – Wet PE Athletics</b>	<b>Swimming – Wet PE Striking and Fielding</b>
<b>Year 6</b>	Badminton, Shuttlecock, Triangle Defending, Ownership	Intensity, Accuracy Consistency, Match Play, Team Play,	Collaborative, communication, Cannon, Strength, Weakness, Targets	Rhythmic Sequences, Judgement, Criteria, Extension,	Dip, Stamina, Momentum, Javelin	Water Safety, Scoring, LBW, Umpire