



Physical Education

EYFS	Gross Motor Skills ELG - Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and co-ordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.		
Year 1	Fundamentals / Gymnastics Ball Skills / Sending and Receiving	Yoga / Dance Target Games / Invasion Games	Athletics / Team Building Net and Wall / Striking and Fielding
Year 2	Dance / Gymnastics Fundamentals / Sending and Receiving	Fitness / Yoga Ball Skills / Invasion Games	Athletics / Team Building Net and Wall / Striking and Fielding
Year 3	Invasion Games (Dodgeball) / Gymnastics Swimming	Dance / Invasion Games (Netball) Swimming	Athletics / Net and Wall Games (Tennis) Swimming
Year 4	Gymnastics / Yoga Invasion Games (Football / Tag Rugby)	Dance / Fitness Invasion Games (Handball / Hockey)	Athletics / OAA Net and Wall Games (Tennis) / Striking and Fielding Games (Rounders)
Year 5	Gymnastics / Yoga Invasion Games (Football / Tag Rugby)	Fitness / Dance Invasion Games (Netball / Dodgeball)	Athletics / OAA Net and Wall Games (Tennis) / Striking and Fielding Games (Rounders)

Year 6

**Gymnastics / Dance
Invasion Games (Tag Rugby /
Handball)**

**Yoga / Fitness
Invasion Games (Hockey /
Basketball)**

**Athletics / OAA
Net and Wall Games (Tennis) /
Striking and Fielding Games
(Cricket)**