

Term →		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	Outdoor - SOFC NC link 1, 2, 3, 4, 5, 8	Football/Basketball/Netball	Tag Rugby/Hockey	Tennis/Badminton	Volleyball/Benchball	Cricket/Rounders	Athletics
	Indoor - Real Core PE NC link 1, 2, 3, 4, 5, 6, 8	Personal: Know Where I am in my Learning FMS: Coordination: Footwork Static Balance: One Leg	Social: Share Ideas FMS: Dynamic Balance to Agility: Jumping and Landing Static Balance: Seated	Cognitive: Recognise Success FMS: Dynamic balance: On a Line Coordination: Ball Skills	Real Dance Creative: Respond Differently Dance Skills: Shapes, Artistry and Partnering	Physical: Perform and Repeat FMS: Agility: Reaction/Response Static Balance: Floor work	Fitness: Know How and Why the Body Changes FMS: Agility: Ball Chasing Static Balance: Stance
		Swimming NC link 9		OAA Month - Cross-curricular NC link 7			
Year 4	Outdoor - SOFC NC link 1, 2, 3, 4, 5, 8	Football/Basketball/Netball	Tag Rugby/Hockey	Tennis/Badminton	Volleyball/Benchball	Cricket/Rounders	Athletics
	Indoor - Real Core PE NC link 1, 2, 3, 4, 5, 6, 8	Personal: Accept Challenge FMS: Coordination: Footwork Static Balance: One Leg	Social: Support Others FMS: Dynamic Balance to Agility: Jumping and Landing Static Balance:	Real Dance Cognitive: Identify Areas to Improve Dance Skills: Shapes, Artistry and Partnering	Creative: Recognise and Respond FMS: Coordination: Sending and receiving Counter Balance: With a Partner	Physical: Select and Apply FMS: Agility: reaction/Response Static Balance: Floor Work	Fitness: Prepare for Activity FMS: Agility: Ball Chasing Static Balance: Stance

		Swimming NC link 9	Seated	OAA Month - Cross-curricular NC link 7			
Year 5	Outdoor - SOFC NC link 1, 2, 3, 4, 5, 8	Football/Basketball/Netball	Tag Rugby/Hockey	Tennis/Badminton	Volleyball/Benchball	Cricket/Rounders	Athletics
	Indoor - Real Core PE NC link 1, 2, 3, 4, 5, 6, 8	Personal: React Positively to Challenge FMS: Coordination: Ball Skills Agility: Reaction/Response Swimming NC link 9	Social: Provide Helpful Feedback FMS: Dynamic Balance: On a Line Counter Balance: With a Partner	Cognitive: Judge Performance FMS: Static Balance: Stance Coordination: Footwork OAA Month - Cross-curricular NC link 7	Real Dance Creative: Express Ideas Dance Skills: Shapes, Artistry and Partnering	Physical: Combining Skills FMS: Dynamic Balance to Agility: Jumping and Landing Static Balance: One Leg	Fitness: Describe Basic Fitness Components FMS: Coordination: Sending and receiving Agility: Ball Chasing
Year 6	Outdoor - SOFC NC link 1, 2, 3, 4, 5, 8	Football/Basketball/Netball	Tag Rugby/Hockey	Tennis/Badminton	Volleyball/Benchball	Cricket/Rounders	Athletics
	Indoor - Real Core PE NC link 1, 2, 3, 4, 5, 6, 8	Personal: Consistently Try to Improve FMS: Coordination: Ball Skills Agility: Reaction/Response Swimming NC link 9	Social: Organise and Guide Others FMS: Dynamic Balance: On a Line Counter Balance: With a Partner	Real Dance Cognitive: Judge Performance Dance Skills: Shapes, Artistry and Partnering OAA Month - Cross-curricular NC link 7	Creative: Adapt/Change Activities FMS: Static Balance: Seated Static Balance: Floor Work	Physical: Link Actions to Flow FMS: Dynamic Balance to Agility: Jumping and Landing Static Balance: One Leg	Fitness: Monitor Activity FMS: Coordination: Sending and receiving Agility: Ball Chasing

National Curriculum Links:

- 1:** Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- 2:** They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- 3:** Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination
- 4:** Pupils should be taught to play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- 5:** Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- 6:** Pupils should be taught to perform dances using a range of movement patterns
- 7:** Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team
- 8:** Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- 9:** All schools must provide swimming instruction either in key stage 1 or key stage 2. Pupils should be taught to: swim competently, confidently and proficiently over a distance of at least 25 metres; use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]; perform safe self-rescue in different water-based situations.