

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS Class Teacher	Spatial Awareness	Dance – autumn leaves and Write Dance	Gymnastics – positions, balance, jumps	Gymnastics – Sequencing	Multi-sports -Ball skills - Changing direction	Multi-sports -Throwing -Catching
Delivered by PSCL	Agility, Balance and Coordination	Agility, Balance and Coordination	Travelling, Dribbling and Jumping	Travelling, Dribbling and Jumping	Sending and Recieving	Striking and Fielding
Vocabulary	Space, travel, stop, slow, fast, forwards, backwards, sideways, directions, levels, warm up, cool down, stretch.	space, body parts, twist, turn, direction	balance, muscle, body parts, direction, narrow, wide, move, travel, jump	balance, muscle, body parts, direction, narrow, wide, move, travel, jump	Catch, throw, roll, bounce, go, stop, travel, warm up, cool down,	Catch, throw, roll, bounce, go, stop, travel, warm up, cool down,
Year 1 Class Teacher	Dance- Puppets	Gymnastics-Balancing and Spinning	Gymnastics- Pathway- small and long	Dance-Animals	Gymnastics Skills	Gymnastics-wide and narrow rolling and balancing
Delivered by PSCL	Agility, Balance and Coordination	Travelling, Dribbling and Jumping	Sending and Recieving	Sending and Recieving	Striking and Fielding	Striking and Fielding
Vocabulary	Straight, barrel, tuck, pike, straddle, sequence	Balance, control, move, space, travel, explore, levels, apparatus	Straight, sideways, forwards, backwards, pushing, pulling, pattern, turns	Jump, balance, stretch, bend, freeze, creation, formations	Space, balance, control, travel, move, explore	Movement, patterns, pathways, control, rolls, perform, sequence, unison
Year 2 Class Teacher	Gymnastics—spinning, turning and twisting	Gymnastics— movement, rolls, using equipment	Dance- Fire of London	Dance— Get Set 4- PE	Ball Skills MA—Scheme of work produced for AFPE Level 5	Ball Skills / Team work building
Delivered by PSCL	Agility, Balance and Coordination	Travelling, Dribbling and Jumping	Sending and Recieving	Sending and Recieving	Striking and Fielding	Striking and Fielding
Vocabulary	Warm up, cool down, physical activity, copy, repeat, actions, coordination, control, creativity	Spin, sequence, balance, patches, twist, roll, flight, inversion, counter balance, routine, linked controlled movements	High, fast, wide, counts, action, skills, movements, team, techniques, creativity, imagination, perform, feedback	Straight, 90, 180, 270 degree turns, zigzag, pathways, levels, gymnastic, sequence, curved, motion, transitional movements	Coordination, control, character, High, fast, wide, counts, action, skills, movements, team, techniques, creativity, imagination, perform, feedback	Stretching, curling, arching, Spin, sequence, balance, patches, twist, roll, flight, inversion, counter balance, routine, linked controlled movements
Year 3 Class Teacher	Gymnastics skills 1	Dance – The Egyptians	Dance – The Stone Age	Gymnastics skills 2	Dance around the World	Swimming
Delivered by PSCL and Class Teacher	Invasion Games—Hockey	Invasion Games—Basketball	Invasion Games—Tag Rugby	Striking and Fielding—Cricket	Net and Wall Games– Tennis	Striking and Fielding—Rounders
Vocabulary	Shapes, tuck, pike, straddle, tall, 2-point balance, symmetry, asymmetry, balance, mirroring, spin, movements.	Creativity, unison, canon, transition, choreography, teamwork, memory, positive feedback, techniques.	Creativity, unison, canon, transition, choreography, teamwork, memory, positive feedback, techniques.	Technique, turn, jumping, safe controlled landing, roll, control, body tension, extension, sequence of movements, balance, mirror, match, contrast, sequence, gymnastic terminology.	Egypt, USA, New Zealand, China, India, Africa, routine, group, teamwork, creative movements, levels, confidence, formations, character, facial expressions, portray, canon, unison, imagination, constructive feedback, beat, rhythm, reflect.	
Year 4- Class Teacher	Swimming	Swimming	Gymnastics – balancing, reflecting shapes and rolling	Gymnastics – balancing, reflecting shapes and rolling	Dance – Street Dance	Dance – Street Dance
Delivered by PSCL and Class Teacher	Invasion Games—Hockey	Invasion Games—Basketball	Invasion Games—Tag Rugby	Striking and Fielding—Cricket	Net and Wall Games– Tennis	Striking and Fielding—Rounders
Vocabulary			Unison, teamwork, rhythm, timing, creative, direction, techniques, movement, memory.	Unison, teamwork, rhythm, timing, creative, direction, techniques, movement, memory.	Spin, apparatus, spin, asymmetrically, front and back support, roll, sequences, controlled rolls, refine, weight, support, formations, self-assess.	Forward roll, technique, control, backwards, straddle, mirror, timing, sequence, unison, canon, mirroring.
Year 5 Class Teacher	Gymnastics 1 – Synchronisation and Canon	Gymnastics 2	Swimming	Swimming	Swimming	Dance
Delivered by PSCL and Class Teacher	Invasion Games—Hockey	Invasion Games—Basketball	Invasion Games—Tag Rugby	Striking and Fielding—Cricket	Net and Wall Games– Tennis	Striking and Fielding—Rounders
Vocabulary	Travel, weight, points, patches, cooperate, negotiate, routine, perform, unison, apparatus, canon, consistent, sequence, start, finish, symmetrical, asymmetrical, dynamics, level, speed, direction, pathways, high quality.	Travel, weight, points, patches, cooperate, negotiate, routine, perform, unison, apparatus, canon, consistent, sequence, start, finish, symmetrical, asymmetrical, dynamics, level, speed, direction, pathways, high quality.				Explore, understand, perform, dance, basic, warm up, copy, repeat, remember, dance motifs, dynamics, composition, choreography, levels, dynamics, formations, strengths, improvements, theme,
Year 6 Class Teacher	Gymnastics – Group Sequencing	Dance – Best of British	Gymnastics – Counter-balance and counter-tension	Dance – The Haka	Gymnastics – Flight	Dance – World War 2
Delivered by PSCL and Class Teacher	Invasion Games—Hockey	Invasion Games—Basketball	Invasion Games—Tag Rugby	Striking and Fielding—Cricket	Net and Wall Games– Tennis	Striking and Fielding—Rounders
Vocabulary	Rolls, unison, smoothly, perform, sequence, finishing points, defined, formations, pathways, jumps, good control, spin, negotiate, dynamics.	Copy, repeat, remember, dance motifs, applying action, dynamics, co-ordination, control, warm up, rehearse, refine, choreography, define, cool down, performance, appreciation.	Control, balance, points, patches, reflective, symmetrical, asymmetrical, counter balances, push and pull force, sequence, tension balances, transitional moves, canon, unison.	Move, chant, unison, express emotion, movement, perform, rhythm, timing, memory, team spirit, techniques, routine.	Take off, elevation, dynamic, flight, soft knees, symmetrical, evaluate, apparatus, mount, dismount, control, pathways, gracefully, levels.	Movements, gestures, examples, performance, apply, decisions, motive, repeat, rehearse, refine, dance motifs, warm up, cool down, mirror, matching, improvements, strengths, weaknesses, improve, effective working.