

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery - Physical Development	Can I move my body in different ways? Action songs Pencil control/Fine motor activities	Ball skills Movement to music and rhythm Balancing and moving Pencil control/Fine motor activities	Climbing and balancing on apparatus Skipping, hopping and running Dance Pencil control Cutting skills	Throwing and catching Riding scooters and trikes Balancing Pencil control Cutting skills	Climbing and balancing outdoors Lifting and carrying Throwing and catching Riding scooters and trikes Balancing Pencil control Cutting skills	Climbing and balancing outdoors Lifting and carrying Throwing and catching Riding scooters and trikes Balancing Pencil control Cutting skills
Reception Get Set 4 PE	Introduction to Physical Education	Ball skills	Dance	Fundamentals	Games	Gymnastics
Year 1 Get Set 4 PE	Fundamentals	Gymnastics	Ball Skills	Dance	Invasion games	Athletics
Year 2 Get Set 4 PE	Fundamentals	Gymnastics	Ball Skills	Dance	Invasion Games	Athletics
Year 3 Get Set 4 PE	Fundamentals	Gymnastics	Ball Skills	Dance	Invasion Games	Athletics
Year 4 Get Set 4 PE	Fundamentals	Gymnastics	Ball skills	Dance	Invasion Games	Athletics
Year 5 Get Set 4 PE	Gymnastic - Pilates, Yoga	Fitness and Well-being	Invasion Games	Dance	Outdoor and adventurous activities	Athletics
Year 6 Get Set 4 PE	Fitness and Wellbeing	Gymnastic - Pilates, Yoga	Invasion Games	Dance	Outdoor and adventurous activities	Athletics