



	Autumn				Spring				Summer			
	A1		A2		Sp1		Sp2		Sum 1		Sum 2	
Year 1	Football Passing and control. Moving forward to end goal.	Handball Throwing and catching.	Dance Running, jumping. Basic movement patterns	Tag Rugby Passing and catching.	Cardio Fitness Agility, balance and speed	Gym Agility, balance and coordination (ABCs)	Health and wellbeing See guidance below	Tennis Hand-eye movements Hitting bigger balls at targets	Multi skills Throw, catch, run, jump, kick and hit	Judo Bought in expertise	Athletics Throwing, catching, running, jumping, aiming, shooting	Tri Golf Controlled hitting
Year 2	Football Basic attacking and defending.	Handball Throw and catch Attack and defend.	Dance Running, jumping at different speeds. More developed movement patterns.	Hockey Passing and receiving.	Cardio Fitness Agility, balance and speed	Gym Agility, balance and coordination using new equipment (ABCs)	Health and wellbeing See guidance below	Tennis Hand-eye movements Hitting bigger balls to partner and at targets	Multi skills Throw, catch, run, jump, kick and hit using equip.	Judo Bought in expertise	Athletics Throwing, catching, running, jumping, aiming, shooting	Volleyball Hitting for accuracy and distance
Year 3	Football Passing and receiving. Attacking and defending as a pair/team.	Netball Passing and receiving. Attacking and defending as a pair/team.	Dance Using a range of movement patterns	Hockey Attacking and defending as a pair/team	Cardio Fitness Agility, balance and speed	Gym Develop flexibility and strength, control and balance. Evaluate self and others' performances for improvement.	Health and wellbeing See guidance below	Tennis/ Table tennis Hand-eye movement. Rallying with partner	Swimming Bought in expertise	Cricket Throwing, catching, hitting, bowling	Athletics Aiming/ shooting/ hitting for accuracy and distance	Swimming Bought in expertise

Year 4	Football Passing and receiving. Attacking and defending as a pair/team.	Netball Passing and receiving. Attacking and defending as a pair/team.	Dance Using a range of movement patterns	Tag Rugby Passing, receiving, running, dodging, attacking and defending	Cardio Fitness Agility, balance and speed	Gym Develop flexibility and strength, control and balance. Evaluate self and others' performances for improvement.	Health and wellbeing See guidance below	Cross Country Running for fitness, tactics for success	Swimming Bought in expertise	Tri golf Hitting for accuracy and distance. Range of activities to develop skills.	Athletics Aiming/ shooting/ hitting for accuracy and distance	Swimming Bought in expertise
Year 5	Football Passing and receiving. Attacking and defending as a pair/team. Shooting. Tactics to improve performance	Netball Passing and receiving. Attacking and defending as a pair/team. Shooting. Tactics to improve performance	Dance Using a range of movement patterns. Evaluate self and others' performances for improvement.	Hockey Attacking and defending as a pair/team. Tactics to improve performance	Cardio Fitness Agility, balance and speed	Gym Evaluate self and others' performances for improvement.	Health and wellbeing See guidance below	Tennis Hand-eye coordination. Rallying and striking to win points.	Cricket Throwing, catching, hitting, bowling. Match situations and tactics to improve performance	Sailing Bought in expertise	Athletics Develop control and technique in javelin, discuss, running, jumping and striking	Gaelic Football
Year 6	Football Passing and receiving. Attacking and defending as a pair/team. Shooting. Tactics to improve performance	Netball Passing and receiving. Attacking and defending as a pair/team. Shooting. Tactics to improve performance	Dance Using a range of movement patterns. Evaluate self and others' performances for improvement.	Tag Rugby Passing, receiving, running, dodging, attacking and defending. Tactics to improve performance	Cardio Fitness Agility, balance and speed	Gym Evaluate self and others' performances for improvement.	Health and wellbeing See guidance below	Tennis Hand-eye coordination. Rallying and striking to win points.	Cricket Throwing, catching, hitting, bowling. Match situations and tactics to improve performance	Sailing Bought in expertise	Athletics Develop control and technique in javelin, discuss, running, jumping and striking	Flag Football

FUNDAMENTAL MOVEMENT SKILLS - develops important sporting movement skills and improves agility. Develops spatial awareness skills and control when moving in a large group. Basic running and jumping mechanics and technique are learnt and skipping with a rope is practiced. Work is performed on a mainly individual basis to enable maximum practice time, although some partner work can be used with increasing competence.

COORDINATION SKILLS - develops hand/eye and foot/eye coordination skills using a variety of equipment. Pupils will learn how to throw underarm and catch and stop various objects/balls/sizes. Work is performed individually and with partners with the opportunity to also work in larger groups or teams.

HEALTH AND WELLBEING

Learning through health and wellbeing enables children and young people to:

- make informed decisions in order to improve their mental, emotional, social and physical wellbeing
- experience challenge and enjoyment
- experience positive aspects of healthy living and activity for themselves
- apply their mental, emotional, social and physical skills to pursue a healthy lifestyle
- make a successful move to the next stage of education
- establish a pattern of health and wellbeing which will be sustained into adult life

It also enables some to perform at high levels in sport or prepare for careers within the health and leisure industries.

KS1 -

- I can name healthy and unhealthy foods
- I can understand the effects of exercise on the body (KS1 appropriate)
- I can participate in paired and group exercises with different partners
- I can create a balanced meal
- I can create a balanced diet plan (KS1 appropriate)

KS2 -

- I can name healthy and unhealthy foods
- I can understand the effects of exercise on the body (KS2 appropriate)
- I can participate in paired and group exercises with different partners
- I can evaluate my performance and make suggestions for improvement
- I can create a balanced meal and diet plan (KS2 appropriate)
- I can understand the effects of obesity and smoking on my health
- I can make informed decisions to improve my health and lead an active lifestyle

Regular physical activity is essential for good health. Physical education should inspire and challenge children and young people to experience the joy of movement, to develop positive attitudes both individually and as part of a group and to enhance their quality of life through active living. This will give children and young people

an important foundation for participation in experiences in physical activities and sport and in preparation for a healthy and fulfilling lifestyle. Children and young people will participate in and enjoy physical activity and sport, in addition to planned physical education sessions, at break times and lunchtimes, during travel and beyond the school day. Outdoor learning can contribute to physical activity and enhance learning in different areas of the curriculum.

Taken together, the experiences and outcomes in physical education, physical activity and sport aim to establish the pattern of daily physical activity which, research has shown, is most likely to lead to sustained physical activity in adult life.

A poorly balanced diet can contribute to the risk of developing a number of diseases and conditions including tooth decay, obesity, certain cancers, diabetes, coronary heart disease and stroke.