



PE Curriculum Framework

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm. Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.					
Reception	Multi Skills (Listening, Using Space, Agility, Balance & Coordination)		Multi Skills (Listening, Using Space, Agility, Balance & Coordination) Inc. Dance and Gym skills.		Athletics – Sports day	Multi skills (run, jump, skip, throw)
Year 1	Rugby, Football	Sportshall Athletics	Dance, Netball	Gymnastics, Hockey	Cricket, Athletics	Bat & Ball skills, Yoga
Year 2	Rugby, Football	Sportshall Athletics	Dance, Netball	Gymnastics, Hockey	Cricket, Athletics	Bat & Ball skills, Yoga
Year 3	Rugby, Football	Sportshall Athletics	Dance, Netball	Gymnastics, Hockey	Cricket, Athletics	Rounders, Circuit Training
	Swimming					
Year 4	Rugby, Football	Sportshall Athletics	Dance, Netball	Gymnastics, Hockey	Cricket, Athletics	Rounders, Circuit Training
	Swimming					
Year 5	Rugby, Football	Sportshall Athletics	Dance, Netball	Gymnastics, Hockey	Cricket, Athletics	Rounders, Leadership
Year 6	Rugby, Football	Sportshall Athletics	Dance, Netball	Gymnastics, Hockey	Cricket, Athletics	Rounders, OAA