

Physical Education Program of Study

Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
EYFS Three Weeks	Locomotion: Walking and Jumping	Gymnastics : Moving	Ball Skills: Hands 1	Dance: Nursery Rhymes	Ball Skills: Feet	Dance: Ourselves	Dance: Dinosaurs	Gymnastics : High, Low, Over, Under	Sports Day Activities	Ball Skills: Hands 2	Games for Understanding	
Year 1	Health and Wellbeing	Gymnastics : Body Parts	Ball Skills Hands 1	Dance: Heroes	Games for Understanding	Dance: Growing	Ball Skills: Feet	Gymnastics : Wide, Narrow, Curled	Locomotion: Running and Jumping	Ball Skills: Hands 2	Rackets, Bats and Balls	Team Building and Sports Day Activities
Year 2	Health and Wellbeing	Gymnastics : Linking	Ball Skills Hands 1	Dance: Mr Candy's Sweet Factory	Games for Understanding	Dance: Explorers	Ball Skills: Feet	Gymnastics : Pathways	Locomotion: Dodging and Jumping	Ball Skills: Hands 2	Rackets, Bats and Balls	Team Building and Sports Day Activities
Year 3	Invasion: Football	Gymnastics Symmetry & Asymmetry	Invasion: Netball	Dance: Witches and Wizards	Invasion: Tag Rugby	Dance Wild Animals	Invasion: Basketball Dodgeball	OAA: Communication	Striking & Fielding Cricket	Athletics	Striking & Fielding Rounders	Net / Wall Tennis
Year 4	Invasion: Football	Gymnastics : Bridges	Invasion: Netball	Dance: World War 2	Invasion: Tag Rugby	Dance: Space	Invasion: Basketball	OAA: Orienteering	Striking & Fielding Cricket	Athletics	Striking & Fielding Rounders	Net / Wall Tennis

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							Dodgeball					
Year 5	Invasion: Football	Gymnastics : Counterbalance and Counter Tension	Invasion: Netball	Dance: The Greeks	Invasion: Tag Rugby	Dance: The Circus	Invasion: Basketball Dodgeball	OAA: Problem Solving	Striking & Fielding Cricket	Athletics Health Related Exercise	Striking & Fielding Rounders	Net / Wall Tennis
Year 6	Invasion: Football	Gymnastics : Matching & Mirroring	Invasion: Netball	Dance: Carnival	Invasion: Tag Rugby	Health Related Exercise	Invasion: Basketball Dodgeball	OAA: Orienteering	Striking & Fielding Cricket	Athletics Leadership	Striking & Fielding Rounders	Net / Wall Tennis
Year 7 4 weeks	Invasion: Football	Invasion: Netball	Invasion: Basketball	Dance: Message in a Bottle	Net/Wall Table Tennis	Health Related Exercise	OAA – Orienteering Event			Athletics	Striking & Fielding Cricket	Net / Wall Tennis
Year 8 5 Weeks	Invasion: Football	Invasion: Netball	Net/Wall Table Tennis	Dance: MADHEAD		Health Related Exercise	OAA – Orienteering Event		Summer Activities 4 weeks	Athletics	Striking & Fielding Cricket	Net / Wall Tennis
Year 9 6 weeks	Invasion: Football	Invasion: Netball	Net/Wall Table Tennis			Health Related Exercise			Summer Activities 4 weeks	Athletics	Striking & Fielding Cricket	Net / Wall Tennis

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Year 10 - Exam Pathway Practical and Theory	Invasion: Football	Invasion: Netball	Net/Wall Table Tennis	Dance:	Invasion: Basketball	Health Related Exercise			Summer Activities 4 weeks	Athletics	Striking & Fielding: Runders	Net / Wall Tennis
Year 10- Participation Pathway Variations	Team Games Lacrosse/Quidditch/Basketball		Net/Wall Volleyball	Dance:	Team Games Dodgeball	Health Related Exercise- Bounce Beyond/Walking	Net/Wall Table Tennis	OAA - Orienteering	Gymnastics : Sports Acro/Cheer	Athletics Health Related Fitness	Striking & Fielding Runders	Net / Wall Tennis
Year 11 Exam Pathway Practical and Theory	Invasion: Football	Invasion: Netball	Net/Wall Table Tennis	Dance:	Invasion: Basketball	Health Related Exercise				Athletics	Striking & Fielding Runders	Net / Wall Tennis
Year 11 Participation Pathway Variations	Team Games Lacrosse/Quidditch/Basketball		Net/Wall Volleyball	Dance:	Team Games Dodgeball	Health Related Exercise- Bounce Beyond/Walking	Net/Wall Table Tennis	OAA - Orienteering	Gymnastics : Sports Acro/Cheer	Athletics Health Related Fitness	Striking & Fielding Runders	Net / Wall Tennis

Golden Threads

Technique and Performance - T&P



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Golden Threads

- **Tactics and Strategies - T&S**
- **Evaluate and Compare – E&C**
- **Styles and Forms – S&F**
- **Analyse and Improve – A&I**
- **Extra-Curricular/Community Links/Competition - ECC**
- **Intellectual and Physical Challenge -IPC**
- **Problem Solving and Teamwork - PST**