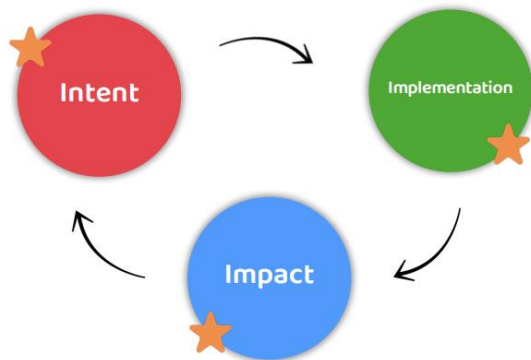


Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Reception	Locomotion: Walking and Jumping		Ball Skills Hands 1		Gymnastics: High, Low, Over, Under		Dance Nursery Rhymes		Ball Skills Feet		Games For Understanding	
Year 1 & 2	Locomotion: Running Ball Skills Hands 1	Locomotion: Jumping	Ball Skills Hands 1	Ball Skills Feet	OAA: Team Building	Dance: Growing	Gymnastics Wide, Narrow, Curled	Dance: The Zoo	Rackets Bats and Balls	Games For Understanding	Health and Wellbeing	Athletics
Year 3 & 4	Invasion: Netball	Gymnastics Symmetry & Asymmetry	Invasion: Football	OAA: Communication	Invasion: Basketball	Dance Wild Animals	Invasion: Tag Rugby	Invasion: Dodgeball	Net / Wall Tennis	Game Sense Hockey	Striking & Fielding Rounds	Athletics
Year 5 & 6	Invasion: Netball	SAQ Health Related Exercise	Invasion: Football	Gymnastics: Matching & Mirroring	Invasion: Basketball	Dance: Carnival	Game Sense Hockey	OAA: Orienteering	Striking & Fielding Rounds	Net / Wall Tennis	Striking & Fielding Cricket	Athletics



PE National Curriculum Aims

- develop competence to excel in a broad range of physical activities.
- are physically active for sustained periods of time.
- engage in competitive sports and activities.
- lead healthy, active lives.



"Physical literacy can be described as the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life"
(IPLA ,2017)

PHYSICAL LITERACY