

PE 2 year rolling programme

Year A = September even years

Year B = September odd years



EYFS	Learning both indoors and outdoors supports pupils to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Activities will be planned to encourage pupils to use their whole bodies to move around, like running/skipping. It will also include play that uses smaller physical movements and specific muscle groups or body parts, like finger gym or cutting skill activities.	
	Year A	Year B
KS1	<p>Aut: Ball Skills Dance</p> <p>Spr: Gymnastics Invasion Games</p> <p>Sum: Net and Wall Games Athletics</p>	<p>Aut: Ball Skills Dance</p> <p>Spr: Gymnastics Sending and Receiving</p> <p>Sum: Target Throwing Athletics</p>

	Year A	Year B
LKS2	<p>Aut: Tag Rugby Dance</p> <p>Spr: Gymnastics Handball</p> <p>Sum: Cricket Athletics</p>	<p>Aut: Hockey Dance</p> <p>Spr: Gymnastics Basketball</p> <p>Sum: Tennis Athletics</p>
UKS2	<p>Aut: Tag Rugby Dance</p> <p>Spr: Gymnastics Netball</p> <p>Sum: Cricket Athletics</p>	<p>Aut: Football Dance</p> <p>Spr: Gymnastics Basketball</p> <p>Sum: Tennis Athletics</p>