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| 2022-2023 | | | | | | |
|  | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| EYFS | **Indoor**  **Routine Development**  **Introduction to PE**  *Changing*  *Spatial awareness*  *Baseline testing*  *Dance teacher* | **Fundamental Skill Development**  **Physical Literacy**  *Throwing & Catching*  *Dance teacher* | **Fundamental Skill Development**  **Physical Literacy**  *Working together and movement skills* | **Gymnastics / Dance**  *Strength, Flexibility, Balance and Developing a range of movement skills.* | **Fundamental Skill Development**  *Playing games and understanding rules* | **Athletics Skill Development**  *Personal best, running, throwing and jumping* |
| Y1 | **Indoor**  **Routine Development**  **Introduction to PE**  *Changing*  *Spatial awareness*  *Bench marking* | **Fundamental Skill Development**  **Physical Literacy**  *Throwing & Catching* | **Fundamental Skill Development**  **Physical Literacy**  *Agility and Coordination* | **Gymnastics**  *Strength, Flexibility, Balance and control* | **Fundamental Skill Development**  *Invasion games football* | **Physical literacy**  *Net games* |
| **Fundamental Skill Development**  *Playing games and understanding rules* | **OAA**  *Directional language, basic map skills, team work, problem solving* | **Dance / yoga**  **Physical literacy** | **Invasion Games**  Basketball skill development | **Athletics Skills Development**  *Personal best, running, throwing and jumping*  *Bench Marking* | **Fundamental skill development**  *Throwing and catching, striking a ball*  *Cricket / rounder skills* |
| Y2 | **Indoor**  **Routine Development**  **Introduction to PE**  *Changing*  *Spatial awareness*  *Bench marking* | **Fundamental Skill Development**  **Physical Literacy**  *Throwing & Catching*  *Invasion games netball / matball / basketball / dodgeball* | **Dance / yoga**  **Physical literacy**  Christmas show production | **Gymnastics**  *Balancing, traveling, rolling and jumping* | **Fundamental Skill Development**  *Invasion games football* | **Fundamental skill development**  *Net / Wall games*  *Physical literacy*  *Tennis skills* |
| **Outdoor**  **Fundamental Skill Development**  *Playing games and understanding rules* | **OAA**  **Problem solving, fundamental orienteering skills** | **Outdoor**  **Fundamental Skill Development**  *Agility and Coordination /playground games* | **Invasion Games**  Football / handball skill development | **Athletics Skills Development**  *Personal best, running, throwing and jumping*  *Bench Marking* | **Fundamental skill development**  *Striking and fielding*  *Skill development*  *Cricket / rounder skills* |

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|  | Autumn 1 | | Autumn 2 | | Spring 1 | | Spring 2 | | Summer 1 | | Summer 2 | |
| Y3 | **Outdoor**  **Health and fitness**  **Introduction**  *Health and fitness, circuits, SAQ, team work*  Bench marking | | **OAA**  *Problem solving, teamwork, map skills* | | **Yoga / Movement skills** | | **Gymnastics**  *Skill development travelling, rolling, balancing, jumping, and using equipment.* | | **Athletics Skills Development**  *Personal best, running, throwing and jumping*  Bench Marking | | **Striking and fielding** *skill development*  *Striking a ball, throwing and catching.*  *How to use equipment correctly.* | |
| Indoor  **Dance**  With Dance Daze | | **Invasion Game**  *Rugby League with Sheffield Eagles* | | **Invasion games**  *Football / handball skill development* | | **Gymnastics / Dance**  *Routine development travelling, rolling, balancing, jumping, and using equipment skills.* | | **Net Games**  *skill development*  *hitting a ball over a net.*  *How to use equipment correctly* | | **Athletics Skills Development**  *Personal Challenges / School games competitions / sports day preparation* | |
| Y4 | **Health and fitness**  **Introduction**  *Health and fitness, circuits,*  Bench marking | **Swimming** | **OAA**  *basic map skills, team work, problem solving* | **Swimming** | **Gymnastics**  *travelling, rolling, balancing, jumping, and using equipment skills.* | **Swimming** | **Gymnastic**  *travelling, rolling, balancing, jumping, and using equipment skills.* | **Swimming** | **OAA**  *basic map skills, team work, problem solving* | **Swimming** | **Health & Fitness**  *Health and fitness, circuit.* | **Swimming** |
| **Rugby League**  *Sheffield Eagles*  *Or Tag rugby* | | **Dance**  *Dance Daze* | | **Invasion Games**  **Basketball**  *Sheffield Hatters* | | **Net/Wall games**  *Tennis creating a rally, understanding rules.*  *(Wet weather indoor classroom lessons)* | | **Athletics Skills**  *Personal Challenges / School games competitions /analysing performance* | | **Striking & fielding**  *Rounders / baseball / cricket. Learning rules and skill development.* | |

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|  | Autumn 1 | | Autumn 2 | | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Y5 | **Swimming** | **Athletics Skills Development**  *Personal best, running, throwing and jumping*  *Leadership* | Swimming | **OAA – Orienteering** *Directional language, basic map skills, team work, problem solving* | **Dance**  *Routine development* | **Gymnastics**  *Performance analysis / assessment* | **Net / Wall Games**  *Tennis* | **Striking & fielding**  *Cricket / Rounders /Baseball* |
| **Outdoor**  **Health and fitness**  **Introduction**  *Health and fitness, circuits, SAQ, team work*  Bench marking | | **Invasion Games**  Handball / football | | **Invasion Games**  Basketball | **Invasion Games**  Football | **Athletics**  *Personal Challenges / School games competitions / sports*  Bench Marking | **Golf**  *Tri-golf* |
| Y6 | **Health and fitness**  **Introduction**  *Health and fitness, circuits, SAQ, team work*  *Bench marking* | | **Dance**  *Dance Daze* | | **Health and fitness**  *Health and wellbeing*  *Yoga / fitness / warm ups. Creating and leading fitness circuits ( possible theory/ classroom lessons)* | **Gymnastics**  *Routine performance and development/*  *Performance analysis / assessment* | **Net / Wall Games**  *Tennis* | **Striking & fielding**  *Rounders / baseball / cricket. Tactics and completion preparation* |
| **Athletics Skills Development**  *Personal best, running, throwing and jumping*  *Leadership*  *Sports hall Athletics completion* | | **OAA- Orienteering**  *Directional language, basic map skills, team work, problem solving.*  *Leadership skills* | | **Invasion Games**  *Handball / game play competition preparation* | **Invasion Games**  *Football* | **Athletics**  *Performance analysis / assessment*  Bench Marking | **Golf**  *Tri-golf lessons at Concord golf course* |