


PE–Cycle B

	Autumn		Spring		Summer	
EYFS	FMS Kick a large ball. Catch a large ball. Show increasing control of an object when pushing, patting, throwing, catching or kicking.		Gymnastics Squat with steadiness to rest or play with an object on the ground. Rise to feet without using hands. Climb confidently and begin to pull themselves up on equipment. Mount stairs, steps or climbing equipment using alternate feet. Stand on one foot. Jump off an object and land appropriately. Travel with confidence and skill around, under and over balancing and climbing equipment.	Dance Move freely with pleasure and confidence in a range of ways. E.g. slithering, shuffling, rolling, crawling, walking, running, jumping, sliding, hoppng. Experiment with different ways of moving.	Athletics Run safely on whole foot. Vary pace depending on distance. Show basic jumping and hopping	Team Games Negotiate space successfully in racing and chasing games with others. Run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.
YEAR 1&2	FMS Baseline unit supertato	FMS Overarm throw	Gymnastics Activities 1	Dance Wind in the Willows	Athletics	FMS Playground Games in the 20 th century
	FMS Underarm throw	FMS Catching, Kicking and bouncing a ball	Dance Toy story	Games Piggy in the middle	Games Net and wall	OAA The Great Outdoors
YEAR 3&4 YEAR 5&6	Invasion Games Basketball Dodgeball	Invasion Games Rugby Dance	Gymnastics Swimming	Gymnastics Activities 2 Dance	Striking and Fielding Net and Wall	Athletics Creative Games