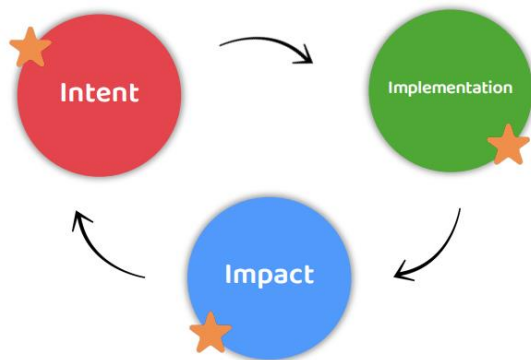


Year	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Reception	<b>Locomotion:</b> Walking and Jumping		Ball Skills Hands 1		<b>Gymnastics:</b> High, Low, Over, Under		<b>Dance</b> Nursery Rhymes		Ball Skills Feet		Games For Understanding	
Year 1 & 2	<b>Locomotion:</b> Running Ball Skills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



### 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