

Physical Education	Autumn	Spring	Summer
Year 3	<ul style="list-style-type: none"> • Swimming • Multi-skills - using running, jumping, throwing and catching in isolation and in combination. Competitive games involving attacking and defending. • Dance (cultural) – performing dances using a range of movement patterns. • Invasion Games – playing competitive games and applying basic principles suitable for attacking and defending. (modified where appropriate) 	<ul style="list-style-type: none"> • Gymnastics - developing flexibility, core strength and balance. • Dance – imitating and performing dances using a range of movement patterns. • Orienteering - taking part in outdoor and adventurous activity challenges both individually and within a team • Invasion Games – playing competitive games and apply basic principles suitable for attacking and defending. (modified where appropriate) 	<ul style="list-style-type: none"> • Swimming - swim competently, confidently and proficiently use a range of strokes effectively over a distance of 5 metres. Performing safe self-rescue in different water-based situations. • Invasion Games – playing competitive games and apply basic principles suitable for attacking and defending. (modified where appropriate)

<p>Year 4</p>	<ul style="list-style-type: none"> ● Swimming ● Multi-skills - using running, jumping, throwing and catching in isolation and in combination. Competitive games involving attacking and defending. ● Indoor athletics ● Dance (cultural) – performing dances using a range of movement patterns. ● Invasion Games – playing competitive games and applying basic principles suitable for attacking and defending. (modified where appropriate) 	<ul style="list-style-type: none"> ● Gymnastics - developing flexibility, core strength and balance. ● Dance – imitating and performing dances using a range of movement patterns. ● Ball skills – striking and fielding 	<ul style="list-style-type: none"> ● Swimming - swim competently, confidently and proficiently use a range of strokes effectively over a distance of 10 metres. Using a range of strokes effectively. Performing safe self-rescue in different water-based situations. ● Cool core Pilates ● Active Athletics
<p>Year 5</p>	<ul style="list-style-type: none"> ● Swimming ● Multi-skills - using running, jumping, throwing and catching in isolation and in combination. Competitive games involving attacking and defending. ● Indoor athletics ● Dance (cultural) – performing dances using a range of movement patterns. ● Invasion Games – playing competitive games and applying basic principles suitable for attacking and defending. (modified where appropriate) 	<ul style="list-style-type: none"> ● Gymnastics - developing flexibility, core strength and balance. ● Dance – imitating and performing dances using a range of movement patterns. ● Ball skills – striking and fielding 	<ul style="list-style-type: none"> ● Swimming - swim competently, confidently and proficiently use a range of strokes effectively over a distance of 10 metres. Using a range of strokes effectively. Performing safe self-rescue in different water-based situations. ● Cool core Pilates ● Active Athletics

<p>Year 6</p>	<ul style="list-style-type: none"> • Swimming • Multi-skills - using running, jumping, throwing and catching in isolation and in combination. Competitive games involving attacking and defending. • Indoor athletics • Dance (cultural) – performing dances using a range of movement patterns. • Invasion Games – playing competitive games and applying basic principles suitable for attacking and defending. (modified where appropriate) 	<ul style="list-style-type: none"> • Gymnastics - developing flexibility, core strength and balance. • Dance – imitating and performing dances using a range of movement patterns. • Ball skills – striking and fielding 	<ul style="list-style-type: none"> • Swimming - swim competently, confidently and proficiently over a distance of at least 25 metres. Using a range of strokes effectively. Performing safe self-rescue in different water-based situations. • Cool core Pilates • Active Athletics
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