Physical Education	Autumn	Spring	
Year 3	 Swimming Multi-skills - using running, jumping, throwing and catching in isolation and in combination. Competitive games involving attaching 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) 	 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) 	 Swimming confident range of s distance of safe self-r based situ Invasion of competiti basic prin attacking (modifie)

Summer

ng - swim competently, htly and proficiently use a strokes effectively over a of 5 metres. Performing -rescue in different watertuations.

Games – playing tive games and apply inciples suitable for g and defending. ied where appropriate)

Year 4	 Swimming Multi-skills - using running, jumping, throwing and catching in isolation and in combination. Competitive games involving attaching 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) 	 Gymnastics - developing flexibility, core strength and balance. Dance – imitating and performing dances using a range of movement patterns. Ball skills – striking and fielding 	 Swimmin confident range of s distance range of s Performin different Cool core Active At
Year 5	 Swimming Multi-skills - using running, jumping, throwing and catching in isolation and in combination. Competitive games involving attaching 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) 	 Gymnastics - developing flexibility, core strength and balance. Dance – imitating and performing dances using a range of movement patterns. Ball skills – striking and fielding 	 Swimmin confident range of s distance range of s Performin different Cool core Active At

ing - swim competently, ntly and proficiently use a f strokes effectively over a e of 10 metres. Using a f strokes effectively. ning safe self-rescue in at water-based situations. re Pilates Athletics

ing - swim competently, ntly and proficiently use a f strokes effectively over a e of 10 metres. Using a f strokes effectively. ning safe self-rescue in at water-based situations. re Pilates

Year 6	 Swimming Multi-skills - using running, jumping, throwing and catching in isolation and in combination. Competitive games involving attaching 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) 	 Gymnastics - developing flexibility, core strength and balance. Dance – imitating and performing dances using a range of movement patterns. Ball skills – striking and fielding 	 Swimming confident distance of Using a rate effectively rescue in situations Cool core Active Ath
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ng - swim competently,
htly and proficiently over a
e of at least 25 metres.
range of strokes
ely. Performing safe self-
n different water-based
ns.
re Pilates
thletics
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