



PE YEARLY CYCLE

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
EYFS/KS1	Physical literacy & fundamentals Running & jumping	Indoor athletics; Throwing & catching; Attack & defence - mini/adapted invasion games	Indoor athletics; Gym & dance; core skills, balance, agility & co-ordination	Gym (sequences & key steps competition) & Dance (moods & feelings)	Striking & Fielding; Fundamentals of Athletics	Striking & Fielding; Fundamentals of Athletics
KS2	Football; Hockey; bench ball & Cross country	Invasion games Tag rugby; basketball; bench ball	Indoor athletics & gymnastics	Invasion games; High 5s; bench ball; Dance	Striking & Fielding; Athletics;	Athletics: linked to sports day; Net & wall games