



	P.E.					
Class 1	Autumn	Spring	Summer			
Cycle A	Dance and gymnastics:  Perform dances using simple movement patterns. Participate in team games,  developing simple tactics for attacking and defending	Swimming	Athletics Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities.  Racket skills			
Cycle B	Dance and gymnastics:  Perform dances using simple movement patterns. Participate in team games,  developing simple tactics for attacking and defending	Swimming	Athletics Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities			





P.E.					
Class 2	Autumn	Spring	Summer		
	-Football	-Swimming	-Tennis		
	-Netball		-Cricket		
	-Dance	Inspirational figures: Michael	-Outdoor adventures		
Cycle A	- Tag rugby	Phelps and Mark Spitz			
	Inspirational figures: Pele,	(swimming).			
	Messi, Ronaldo, Mary Earps		Inspirational figures: Serena and Venus William		
	(Football), Anna Pavlova, Fred		Federer, Andy Murray (tennis), Brian Lara		
	Astaire (dance), English roses		(cricketer), English women's cricket team		
	rugby and netball team				
	-football and netball	-Swimming	-Rounders		
	-Gymnastics		-Athletics		
Cycle B	- Tag Rugby	Inspirational figures: Simone	-Outdoor adventures		
		Biles (gymnast), Michael Phelps			
	Inspirational figures: Pele,	and Mark Spitz (swimming).	Inspirational figures: Serena and Venus William		
	Messi, Ronaldo, Mary Earps,		Federer, Andy Murray (tennis), Brian Lara		
	(Football), Simone Biles		(cricketer), Jesse Owens, Mo Farah, Cathy		
	(gymnast), British gymnastics		Freeman, Usain Bolt (running).		
	and netball team				



WP/	-Football and Netball	-Swimming	-Tennis and Cricket
	-Dance		-Outdoor adventures
	-Tag Rugby		
Cycle C	Inspirational figures: Pele, Messi,	Inspirational figures: Michael	Inspirational figures: Serena and Venus Williams,
	Ronaldo, Mary Earps (Football),	Phelps and Mark Spitz	Federer, Emma Raducanu, Andy Murray (tennis),
	Anna Pavlova, Fred Astaire	(swimming),	Brian Lara (cricketer), English women's cricket
	(dance).		team.
	Jonah Lomu, Jonny Wilkson		
	(rugby), English Roses Rugby		
	-Football and Netball	-Swimming	-Rounders
	-Gymnastics		-Athletics
	Tag Rugby		-Outdoor adventures
Cycle D			
•	Inspirational figures: Pele, Messi,		Current Paralympians,
	Ronaldo, Mary Earps, (Football),		Jesse Owens, Mo Farah, Cathy Freeman, Usain Bolt
	Simone Biles (Gymnastics), British		(running).
	Gymnastics team, womens' rugby and		
	football teams		



