

PE	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Minnows</b>	<b>Balancing:</b> 1 Balances statically on two feet; 2 Balances whilst standing and bending to touch toes; 3 Balances statically on two points; 4 Balances statically on an object <b>Hopping and skipping:</b> 1 Supported by partner or chair, stands on preferred leg and bends other behind. Up on toes and down again; 2 Holding onto chair attempt hop on preferred leg; 3 Hop on preferred leg and land safely.	<b>Jumping:</b> 1 Swing up, swing down; 2 Jump off a small step; 3 Stand and jump forward, landing safely. <b>Strength:</b> collaborate to manage large items; 1 Walk down or up stairs or steps, one foot at a time; 2 Walk up or down steps or stairs, one foot per step holding the hand rail. 1 Move arms vertically – waving flags, streamers, painting, mark-making; 2 Hang from climbing equipment	<b>Dancing:</b> 1 Explore, discover and create own movements, e.g. wriggling, rolling, balancing, jumping, skipping, twirling, turning, spinning, hopping, swaying, stamping, rocking, clapping, bouncing, kicking, twisting, sliding, starting, stopping and falling; 2 Able to copy sequences and patterns of taught movements related to music or rhythm.	<b>Throwing and aiming:</b> Throwing ball underarm with feet stationary. Feet shoulder-width apart; <b>Catching:</b> trapping ball against chest with both hands. Extended arms forward. Catches ball against chest with arms and hands.	<b>Kicking and passing:</b> 1 Kicking the ball from the knee. Stands near ball with knee bent. Pushes ball forward with foot. Straightens leg forward after kick; 2 Kicks with minimal follow-through. Stands near ball with knee bent. Straightens knee before touching the ball. Kicks with minimal arm-leg opposition. Continues to move kicking leg after the kick.	<b>Batting:</b> 1 Hold a bat comfortably with hands together in the middle of the handle. Hit a static ball with the bat; 2 Hold a bat comfortably with hands together in the middle of the handle. Stand side on, feet shoulder width apart, head upright and looking at the bowler. Hit rolling ball with the bat.
<b>Seahorses</b>	Outdoor games*	Gymnastics	Outdoor games	Multiskills	OAA	Playground Games
	Gymnastics	Dance and Yoga	Balanceability	Striking and fielding	Dance	Athletics skills: running, jumping and throwing
<b>Penguins</b>	Team Games: basketball	Bat and ball skills	Team Games: football	Multiskills	OAA	Athletics skills: running, jumping and throwing (PoPE)
	Gymnastics	Gymnastics	Balanceability	Striking and fielding	Dance	Fundamental Movement Skills
<b>Seals</b>	Competitive games (PoPE) Tag Rugby	Competitive games: Net/wall	Competitive games: Hockey	Athletics	OAA	Athletics
	Dance Non-Traditional: Boxercise	Gymnastics	Gymnastics	Dance	Competitive Games: Striking and Fielding	Competitive games: invasion
<b>Dolphins</b>	Competitive games (PoPE) Tennis	Competitive games: Net/wall	Competitive games: hockey	Non-traditional: Primary Golf	OAA	Athletics
	Dance Non-Traditional: Boxercise	Dance	Gymnastics	Gymnastics	Competitive games: Striking and fielding	Competitive games: Invasion
	Non-Traditional: Boxercise	Competitive games: Net/wall	Dance	Swimming and water safety	Competitive games: Striking and fielding	Athletics

<b>Tiger Sharks</b>	Competitive games: Basketball	Dance	Competitive games: hockey	Swimming and water safety	Gymnastics	OAA	Non-traditional: Yoga
<b>Blue Whales</b>	Competitive games: Basketball	Y6 Multi-skills (PoPE)	Swimming and water safety	Competitive games: hockey	Non-traditional: training and fitness (PoPE)	OAA	Athletics
	Non-Traditional: Boxercise	Swimming and water-safety	Non-traditional: yoga		Gymnastics	Gymnastics	Non-traditional: health-related exercise (PoPE)
<b>Donna Squires</b>	Delivered by JB sports (core)		JB enrichment				