

Physical Education

	Autumn		Spring		Summer	
Reception	Footwork One-Leg Balance	Jumping and Landing Seated Balance	Shape and Travel	Balance On a Line Stance	Ball Skills Balance with a Partner	Sending and Receiving Reaction and Response Multi Sports
Year 1	Footwork One-Leg Balance	Jumping and Landing Seated Balance	Flight and Rotation	Balance On a Line Stance Multi Sports	Sending and Receiving Reaction and Response	Ball Chasing Floor Work
Year 2	Footwork One-Leg Balance	Jumping and Landing Seated Balance	Balance and Travel Dance	Balance On a Line Stance	Ball skills Balance With a Partner	Sending and Receiving Reaction and Response
Year 3	Footwork One-Leg Balance	Jumping and Landing Seated Balance	Travel: Mapping Pathways Rotation: Sequences	Balance On a Line Ball Skills	Ball chasing Stance Cricket	Reaction and Response Floor Work
Swimming						
Year 4	Footwork One-Leg Balance	Jumping and Landing Seated Balance	Balance: Sequences Rotation: Sequences	Balance: On a Line Ball Skills	Sending and Receiving Balance with a partner	Reaction and response Floor Work
Year 5	Sending and Receiving Ball Chasing	Stance Footwork Hockey	Hand apparatus: Sequences Low Apparatus: Sequences	Ball Skills Reaction and Response	Seated Balance Floor Work	Balance On a Line Balance with a partner
Year 6	Stance Footwork Tag Rugby	Sending and Receiving Ball Chasing	Hand apparatus: Sequences Low Apparatus: Sequences	Ball Skills Reaction and Response	Seated Balance Floor Work	Balance On a Line Balance with a partner