



Reception/KS1 PE Curriculum Plan

Reception/ Year 1/ Year 2	Autumn Christmas	Spring Easter	Summer
Year A	Basic movements (including on large apparatus) Gymnastics (balance, co-ordination) Football	Dance Netball Developing ball skills (including team games) Outdoor adventurous activities	Tennis Cricket Athletics
Year B	Developing ball skills (including team games) Dance Basic movements (including on large apparatus)	Football Outdoor adventurous activities Athletics	Tennis Cricket Netball



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Key Stage 1	Key Stage 2
<ul style="list-style-type: none"> • 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. • Participate in team games, developing simple tactics for attacking and defending. • Perform dances using simple movement patterns. 	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. • Develop flexibility, strength, technique, control and balance. • Perform dances using a range of movement patterns. • Take part in outdoor and adventurous activity challenges both individually and within a team. • Compare their performances with



previous ones and demonstrate improvement to achieve their personal best.

- Swim competently, confidently and proficiently over a distance of at least 25 metres
- Use a range of strokes effectively
- Perform safe self-rescue in different water-based situations