

	Autumn 1 st	Autumn 2 nd	Spring 1 st	Spring 2 nd	Summer 1 st	Summer 2 nd
EYFS	Get Set 4 PE assessment focus: OAA	Get Set 4 PE assessment focus: Gymnastics: Unit 1 Dance (3 lessons to be taught this term)	Get Set 4 PE assessment focus: Introduction to PE Unit 1	Get Set 4 PE assessment focus: Games Unit 1 Dance (3 lessons to be taught this term)	Get Set 4 PE assessment focus: Ball skills Unit 1	Get Set 4 PE assessment focus: Fundamentals Unit 1
Skills	Balancing, travelling actions, communication, sharing ideas, inclusion, encouraging and supporting others, confidence, trust, honesty, decision making, using tactics, providing instructions, planning, problem solving.	Gymnastics Shapes, balances, jumps, rocking, rolling, travelling, taking turns, cooperation, communication, confidence, determination, selecting and applying skills, creating sequences. Dance Travelling, copying and performing actions, coordination, respect, cooperating with others, working independently, confidence, counting, observing and providing feedback, selecting and applying actions.	Moving safely, running, jumping, throwing, catching, rolling, sharing and taking turns, encouraging and supporting others, responsibility, honesty and fair play, confidence, perseverance, decision making, understanding and using rules.	Running, balancing, changing direction, striking a ball, throwing, communication, co-operation, taking turns, supporting and encouraging others, honesty and fair play, managing emotions, using tactics, decision making. Dance Travelling, copying and performing actions, coordination, respect, cooperating with others, working independently, confidence, counting, observing and providing feedback, selecting and applying actions.	Rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball, co-operation, supporting others, honesty, perseverance, using tactics, decision making.	Balancing, running, jumping, changing direction, hopping, travelling, working safely, responsibility, helping others, honesty, challenging myself, determination, decision making, selecting and applying actions, using tactics.
Year 1	Get Set 4 PE assessment focus: OAA	Get Set 4 PE assessment focus: Gymnastics Dance (3 lessons to be taught this term)	Get Set 4 PE assessment focus: Fundamentals	Get Set 4 PE assessment focus: Target Games Dance (3 lessons to be taught this term)	Get Set 4 PE assessment focus: Ball skills	Get Set 4 PE assessment focus: Athletics

Skills	Balancing, travelling actions, communication, sharing ideas, inclusion, encouraging and supporting others, confidence, trust, honesty, decision making, using tactics, providing instructions, planning, problem solving.	Gymnastics Travelling actions, shapes, balances, jumps, barrel roll, straight roll, straight roll, forward roll progressions, sharing, working safely, confidence, observing and providing feedback, selecting and applying actions. Dance Travel, copying and performing actions, using shape, balance, coordination, co-operation, communication, coming to decisions with a partner, respect, confidence, acceptance, counting, observing and providing feedback, selecting and applying actions.	Balancing, sprinting, jogging, dodging, jumping, hopping, skipping, taking turns, supporting and encouraging others, respect, communication, challenging myself, perseverance, honesty, selecting and applying, identifying strengths.	Underarm throwing, overarm throwing, hand eye coordination, communication, supporting and encouraging others, leadership, perseverance, honesty, fair play, using tactics, selecting and applying skills, decision making. Dance Travel, copying and performing actions, using shape, balance, coordination, co-operation, communication, coming to decisions with a partner, respect, confidence, acceptance, counting, observing and providing feedback, selecting and applying actions.	Rolling, kicking, throwing, catching, bouncing, dribbling, co-operation communication, leadership, supporting others, honesty, perseverance, challenging myself, using tactics, exploring actions.	Running at varying speeds, agility, balance, running over obstacles, jumping, hopping and leaping in combination and for distance, throwing for distance, working safely, collaborating with others, working independently, honesty and playing to the rules, determination, exploring ideas.
Year 2	Get Set 4 PE assessment focus: OAA	Get Set 4 PE assessment focus: Gymnastics Dance (3 lessons to be taught this term)	Get Set 4 PE assessment focus: Invasion	Get Set 4 PE assessment focus: Striking and Fielding Dance (3 lessons to be taught this term)	Get Set 4 PE assessment focus: Net and Wall	Get Set 4 PE assessment focus: Athletics
Skills	Balancing, travelling actions, communication, sharing ideas, inclusion, encouraging and supporting others, confidence, trust, honesty, decision making, using tactics, providing instructions, planning,	Gymnastics Shapes, balances, shape jumps, travelling movements, take off and landing, barrel roll, straight roll, forwards roll, sharing, working safely, confidence, independence, observing	Throwing and catching, kicking, dribbling with hands, and feet, dodging, finding space, co-operation, communication, supporting and encouraging others, respect and kindness	Striking and Fielding Throwing, catching, retrieving a ball, tracking a ball, striking a ball, communication, supporting and encouraging others, consideration of others, perseverance, honesty	Throwing, catching, hitting a ball, tracking a ball, respect, communication, honesty and fair play, determination, decision making, using simple tactics, recalling information, comprehension.	Running at different speeds, combining running and jumping, agility and co-ordination, jumping for distance and height, throwing for distance, working safely, collaborating with others, working independently,

	problem solving.	and providing feedback, selecting and applying actions. Dance Travel, copying and performing actions, using dynamics, pathways, expression and speed, balance, coordination, respect consideration, sharing ideas, decision making with others, acceptance, confidence, selecting and applying actions, counting, observing and applying feedback, creating.	towards others, honesty	and fair play, using tactics, selecting and applying skills, decision making. Dance Travel, copying and performing actions, using dynamics, pathways, expression and speed, balance, coordination, respect consideration, sharing ideas, decision making with others, acceptance, confidence, selecting and applying actions, counting, observing and applying feedback, creating.		determination, observing and providing feedback, exploring ideas.
Year 3	Get Set 4 PE assessment focus: OAA	Get Set 4 PE assessment focus: Gymnastics Dance (3 lessons to be taught this term)	Get Set 4 PE assessment focus: Netball	Get Set 4 PE assessment focus: Tag Rugby Dance (3 lessons to be taught this term)	Get Set 4 PE assessment focus: Rounders	Get Set 4 PE assessment focus: Tennis
Skills	Agility, balance, running, co-ordination whilst using a map, identify basic orienteering symbols, use increasingly more complex diagrams/ maps, follow and give verbal instructions, planning, communication, make tactical decisions, problem solving, work individually and in pairs	Gymnastics Individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics, collaboration, communication, respect, confidence, observing and providing feedback, selecting and applying actions, evaluating and improving. Dance Using canon/	Passing, catching, footwork, intercepting, shooting, working safely, communication, collaboration, honesty and fair play, perseverance, planning strategies and using tactics, observing and providing feedback.	Tag Rugby passing, catching, dodging, tagging, scoring, planning strategies and using tactics, observing and providing feedback, honesty and fair play, perseverance, confidence, communication, collaboration, inclusion Dance Using canon/unison/formation/dynamics/pathways and	Underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting, collaboration and communication, respect, supporting and encouraging others, honesty and fair play, confidence to take risks, managing emotions, observing and providing feedback, using tactics, decision making.	Forehand, backhand, throwing, catching, ready position, collaboration, respect, supporting others, honesty, perseverance, decision making, understanding rules, using tactics.

		unison/formation/dynamics/pathways and direction, copying and performing actions, control, balance, sharing ideas, respect, inclusion of others, leadership, working safely, confidence, acceptance, selecting and applying actions, creating, observing and providing feedback.		direction, copying and performing actions, control, balance, sharing ideas, respect, inclusion of others, leadership, working safely, confidence, acceptance, selecting and applying actions, creating, observing and providing feedback.		
Year 4	Get Set 4 PE assessment focus: OAA	Get Set 4 PE assessment focus: Gymnastics Dance (3 lessons to be taught this term)	Get Set 4 PE assessment focus: Basketball	Get Set 4 PE assessment focus: Hockey Dance (3 lessons to be taught this term)	Get Set 4 PE assessment focus: Dodgeball	Get Set 4 PE assessment focus: Athletics
Skills	Agility, balance, running, co-ordination whilst using a map, identify basic orienteering symbols, use increasingly more complex diagrams/ maps, follow and give verbal instructions, planning, communication, make tactical decisions, problem solving, work individually and in pairs	Gymnastics Individual and partner balances, jumps using rotation, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand, responsibility, collaboration, communication, respect, confidence, observing and providing feedback, selecting and applying actions, evaluating and improving sequences. Dance Performing a variety of dance actions, using canon/unison/formation/dynamics/character/structure/space, balance,	Throwing and catching, dribbling, intercepting, changing direction and speed, shooting, working safely, communication, collaboration, honesty and fair play, perseverance, planning strategies and using tactics, observing and providing feedback.	Hockey Passing, dribbling, receiving, intercepting, tackling, communication, collaboration, inclusive, honesty and fair play, perseverance, empathy, planning strategies and using tactics, observing and providing feedback, decision making. Dance Performing a variety of dance actions, using canon/unison/formation/dynamics/character/structure/space, balance, control, technique, collaboration, consideration, inclusion, respect, empathy,	Throwing, catching, dodging, blocking, decision making, selecting and applying skills, communication, collaboration, respect, honesty, perseverance	Pacing, sprinting technique, jumping for distance and height, throw/heave/launch for distance, working collaboratively, working safely, perseverance, determination, observing and providing feedback, exploring ideas.

		control, technique, collaboration, consideration, inclusion, respect, empathy, confidence, observing and providing feedback, selecting and applying skills.		confidence, observing and providing feedback, selecting and applying skills.		
Year 5	Get Set 4 PE assessment focus: OAA	Get Set 4 PE assessment focus: Gymnastics Dance (3 lessons to be taught this term)	Get Set 4 PE assessment focus: Netball	Get Set 4 PE assessment focus: Tag Rugby Dance (3 lessons to be taught this term)	Get Set 4 PE assessment focus: Rounders	Get Set 4 PE assessment focus: Tennis
Skills	Agility, balance, running, co-ordination whilst using a map, identify basic orienteering symbols, use increasingly more complex diagrams/ maps, follow and give verbal instructions, planning, communication, make tactical decisions, problem solving, work individually and in pairs	Gymnastics Symmetrical and asymmetrical balances, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand, handstand, responsibility, collaboration, communication, respect, confidence, observing and providing feedback, selecting and applying actions, evaluating and improving sequences. Dance Performing a variety of dance actions, using canon/unison/formation/ dynamics/character/structure/space/emotion/matching/mirroring and transitions, collaboration, consideration and awareness of others, inclusion, respect,	Passing, catching, footwork, intercepting, shooting, dodging, communication, collaboration, perseverance, honesty and fair play, planning strategies and using tactics, selecting and applying skills, decision making.	Tag Rugby Throwing, catching, running, dodging, scoring, planning strategies and using tactics, observing and providing feedback, selecting and applying skills, communication, collaboration, perseverance, confidence, honesty and fair play Dance Performing a variety of dance actions, using canon/unison/formation/ dynamics/character/structure/space/emotion/matching/mirroring and transitions, collaboration, consideration and awareness of others, inclusion, respect, leadership, empathy, confidence, creating, observing and providing feedback, using feedback	Throwing & catching, bowling, tracking, fielding & retrieving a ball, batting, decision making, using tactics, identifying how to improve, selecting skills, organising & self-managing a game, respect, supporting & encouraging others, communicating ideas & reflecting with others, honesty & fair play, confident to take risks, managing emotion.	Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, collaboration, communication, respect, honesty, decision making, selecting and applying tactics.

		leadership, empathy, confidence, creating, observing and providing feedback, using feedback to improve, selecting and applying skills.		to improve, selecting and applying skills.		
Year 6	Get Set 4 PE assessment focus: OAA	Get Set 4 PE assessment focus: Gymnastics Dance (3 lessons to be taught this term)	Get Set 4 PE assessment focus: Basketball	Get Set 4 PE assessment focus: Hockey Dance (3 lessons to be taught this term)	Get Set 4 PE assessment focus: Dodgeball	Get Set 4 PE assessment focus: Athletics
Skills	Agility, balance, running, co-ordination whilst using a map, identify basic orienteering symbols, use increasingly more complex diagrams/ maps, follow and give verbal instructions, planning, communication, make tactical decisions, problem solving, work individually and in pairs	Gymnastics Straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, headstand, vault, responsibility, collaboration, communication, respect, confidence, observing and providing feedback, selecting and applying actions, evaluating and improving sequences. Dance Perform a variety of dance actions, use canon, unison, formation, dynamics, character, emotion, transitions, matching & mirroring, observing & providing feedback, use feedback to improve, selecting & apply skills, share ideas, consideration of others, inclusion, respect, leadership, supporting	Throwing and catching, dribbling, intercepting, shooting, communication, collaboration, perseverance, honesty and fair play, planning strategies and using tactics, observing and providing feedback.	Dribbling, passing, receiving, tackling, creating and using space, shooting, communication, collaboration, perseverance, honesty and fair play, planning strategies and using tactics, observing and providing feedback, selecting and applying skills. Dance Perform a variety of dance actions, use canon, unison, formation, dynamics, character, emotion, transitions, matching & mirroring, observing & providing feedback, use feedback to improve, selecting & apply skills, share ideas, consideration of others, inclusion, respect, leadership, supporting others, empathy, confidence.	Throwing, catching, dodging, blocking, collaboration, respect, leadership, honesty, determination, confidence, decision making, selecting and applying tactics.	Pacing, sprinting, jumping for distance, jumping for height, push throwing for distance, fling throwing for distance, negotiating, collaborating with others, perseverance, determination, observing and providing feedback.

		others, empathy, confidence.				
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