Physical Education



Year 6

Au: Gym, Su: Dance and Athletics

A – Agility; C - Co-ordination; CB – Counter Balance;

DB – Dynamic Balance; SB – Static Balance

Au: C:Ball Skills, A:Reaction and Response, SB:Floor work, Seated

Sp: C:Ball Skills, DB/A: Jumping/Landing, CB:With Partner, DB:Line, SB:1 Leg Su: C:Footwork, Sending and Receiving, A:Ball

Chasing, SB:Stance

Year 5

Au: Gym, Su: Dance and Athletics
A - Agility; C - Coordination; CB - Counter Balance;
DB - Dynamic Balance; SB - Static Balance

Au: C:Ball Skills, A:Reaction and Response,

SB:Floor work, Seated

Sp: C:Ball Skills, DB/A: Jumping/Landing, CB:With Partner, DB:Line, SB:1 Leg

Su: C:Footwork, Sending and Receiving, A:Ball

Chasing, SB:Stance

Year 4

Au: Gym, Su: Dance and Athletics A - Agility; C - Co-ordination; CB - Counter Balance; DB - Dynamic Balance; SB - Static Balance

Au: C:Footwork, DB/A: Jumping and Landing,

SB:1 Leg, Seated

Sp: C:Ball Skills, CB:With Partner, DB:Line,

SB:Stance

Su: C:Sending and Receiving, A:Reaction and Response, Ball Chasing, SB:Floor work

Year 3

Au: Gym, Su: Dance and Athletics A – Agility; C - Co-ordination; CB – Counter Balance; DB – Dynamic Balance; SB – Static Balance

Au: C:Footwork, DB/A: Jumping and Landing,

SB:1 Leg, Seated

Sp: C:Ball Skills, CB:With Partner, DB:Line,

SB:Stance

Su: C:Sending and Receiving, A:Reaction and Response, Ball Chasing, SB:Floor work

Year 2

Au: Gym, Su: Dance and Athletics A – Agility; C - Co-ordination; CB – Counter Balance; DB – Dynamic Balance; SB – Static Balance

Au: C:Footwork, DB/A: Jumping and Landing,

SB:1 Leg, Seated

Sp: C:Ball Skills, CB:With Partner, DB:Line,

SB:Stance

Su: C:Sending and Receiving, A:Reaction and

Response, Ball Chasing, SB:Floor work

Year 1

Au: Gym, Su: Dance and Athletics
A - Agility; C - Co-ordination; CB - Counter Balance;
DB - Dynamic Balance; SB - Static Balance

Au: C:Footwork, DB/A: Jumping and Landing,

SB:1 Leg, Seated

Sp: C:Ball Skills, CB:With Partner, DB:Line,

SB:Stance

Su: C:Sending and Receiving, A:Reaction and

Response, Ball Chasing, SB:Floor work

EYFS - Physical Development

Au: Move safely in a space

Explore different ways to travel

Sp: Ball control, balancing and climbing, Jump

and land safely from a height

Su: Move safely with confidence and imagination, communicating ideas through movement

S

