

PE Programme of Study

Nursery	EYFS	Y1	Y2	Y3	Y4	Y5	Y6	
Using the hall	Looking at moving	Throwing and	Burnley Football	Team Games	Throwing and	Swimming	Spiral	
space in PE.	the body.	catching			catching	I can swim	Team games	
	.,	(Boccia) focus	Team Games	I can play		competently,		
Being able to move	Yoga	- master basic	Slamball,	competitive games,	I can use running,	confidently and	l can play	
on different parts of	Different also the associate	movements	invasion/end zones,	modified where	jumping, throwing	proficiently	competitive games, modified where	
the body and a different levels by	Different rhythms in music and dance.	including running, jumping, throwing	dodgeball, ball games, throwing	appropriate (eg badminton,	and catching in isolation and in	Over a distance of	appropriate (eg	
following an adult	music and dance.	and catching, as	and catching, rugby	basketball, cricket,	combination.	at least 25 metres	badminton,	
model.		well as developing	and hockey.	football, hockey,	Combination.	at least 20 metres	basketball, cricket,	
model.		balance, agility and	and nookey.	netball, rounders	I can take part in	I can use a range of	football, hockey,	
Moving in different		co-ordination, and	Master basic	and tennis) and	outdoor and	strokes effectively	netball, rounders	
ways to music		begin to apply	movements	apply basic	adventurous activity	,	and tennis) and	
•		these in a range of	including running,	principles suitable	challenges both	I can perform safe	apply basic	
Circle Games e.g.		activities	jumping, throwing	for attacking and	individually and	self-rescue in	principles suitable	
Duck duck goose			and catching, as	defending)	within a team.	different water-	for attacking and	>
			well as developing			based situations	defending)	Autumn
			balance, agility and	I can use throwing				Ē
			co-ordination, and	and catching in		T	I can use throwing	5
			begin to apply	isolation and in		Team games	and catching in isolation and in	
			these in a range of	combination		I can play	combination	
			activities.			competitive games, modified where	Combination	
						appropriate (eg	I can develop	
			Participate in team			badminton,	flexibility, strength,	
			games, developing			basketball, cricket,	technique, control	
			simple tactics for			football, hockey,	and balance - Yoga	
			attacking and			netball, rounders	3	
			defending.			and tennis) and		
						apply basic		
						principles suitable		
						for attacking and		
						defending)		

							I can use throwing and catching in isolation and in combination I can develop flexibility, strength, technique, control and balance - Yoga		
pr Cold of s e lis Lea K Sho Be ac yard	irework dance using BBC rogramme and Scarves. Durs in PE – use scarves, hoops etc in games. Developing stening skills. Irning parachute games. Cicking skills – boting into a net. egin daily mile etivity in EYFS d at Lunch time. ly Squiggle and dance date	Teamwork Throwing, catching and balancing. Moving in different ways.	Gymnastics focus - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Team Games Tennis, basket balls, Master basic movements including throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.	Skills for Team Games I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending) I can use throwing and catching in isolation and in combination	Attacking and defending(hockey) I can play competitive games, modified where appropriate. I can apply basic principles suitable for attacking and defending.	Swimming I can swim competently, confidently and proficiently Over a distance of at least 25 metres I can use a range of strokes effectively I can perform safe self-rescue in different water- based situations Team Games I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending) I can use throwing and catching in	Spiral Physical Skills for team games I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending) I can use throwing and catching in isolation and in combination I can develop flexibility, strength, technique, control and balance - Yoga	Autumn 2

More ball skills. Possible soccer tots or equivalent Becoming more confident climbing stairs using single feet – do activities where we need to go upstairs to the family learning room – to visit different members of staff etc. Small groups to go and collect small items with adult to bring down Daily mile activity in EYFS yard at Lunch time Daily Squiggle and dance date	Identifying parts of the body through music. Yoga Moving in a range of ways. Personal space awareness.	Animal movement and dance focus - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, 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.	Gymnastics and Dance Perform dances using simple movement patterns. Master basic movements including jumping as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Gymnastics/Dance I can develop flexibility, strength, technique, control and balance I can perform dances using a range of movement patterns	Burnley I can play competitive games, modified where appropriate. I can apply basic principles suitable for attacking and defending.	isolation and in combination I can develop flexibility, strength, technique, control and balance - Yoga Swimming I can swim competently, confidently and proficiently Over a distance of at least 25 metres I can use a range of strokes effectively I can perform safe self-rescue in different water-based situations Burnley I can develop flexibility, strength, technique, control and balance I can perform dances using a range of movement patterns	Spiral Gymnastics/Dance I can develop flexibility, strength, technique, control and balance I can perform dances using a range of movement patterns	Spring 1
Mini-beast movements. Dance Using the equipment to climb - over, under, on top of	The importance of exercise and healthy eating.	Dance focus - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and	Team Games Master basic movements including throwing and catching, as well as developing balance, agility and	Dodge Ball, Cricket, Rounders I can take part in outdoor and adventurous activity challenges both	Burnley I can use running, jumping, throwing and catching in isolation and in combination.	Swimming I can swim competently, confidently and proficiently Over a distance of at least 25 metres	Spiral Cricket Rounders I can take part in outdoor and adventurous activity challenges both	Spring 2

		co-ordination, 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.	co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.	individually and within a team I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending)	I can take part in outdoor and adventurous activity challenges both individually and within a team.	I can use a range of strokes effectively I can perform safe self-rescue in different water-based situations Burnley I can take part in outdoor and adventurous activity challenges both individually and within a team I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending)	individually and within a team I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending)	
Acting out different traditional tales using movement and equipment	Adjusting direction and speed. Personal space awareness. Throwing, catching and balancing.	Multi skills focus - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Athletics Master basic movements including running, jumping,	Running/Jumping Athletic Style Activities I can use running and jumping in isolation and in combination I can take part in outdoor and adventurous activity challenges both	Yoga I can compare my performance with previous ones and demonstrate improvement to achieve my personal best. I can develop flexibility, strength, technique, control and balance.	Swimming I can swim competently, confidently and proficiently Over a distance of at least 25 metres I can use a range of strokes effectively	Spiral Running I can use running and jumping in isolation and in combination I can take part in outdoor and adventurous activity challenges both individually and	Summer 1

		- participate in team games, developing simple tactics for attacking and defending - perform dances using simple movement patterns.		individually and within a team – Burnley I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending)		I can perform safe self-rescue in different water-based situations Zumba I can use running and jumping in isolation and in combination I can take part in outdoor and adventurous activity challenges both individually and within a team — Burnley I can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending) - Burnley	l can play competitive games, modified where appropriate (eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending) - Burnley	
Animal movement Team games Nursery Sport Day Event (Muga) – activities for children and adults to participate in together.	Sports Day – practical time to learn the athletics skills.	Sticking and fielding (rounder's/cricket) focus - master basic movements including running, jumping, throwing and catching, as well as developing	Burnley Football Team Games Slamball, invasion/end zones, dodgeball, ball games, throwing and catching, rugby and hockey.	Outdoor Adventure Invasion Games I can compare my performance with previous ones and demonstrate improvement to achieve my personal best	Yoga I can take part in outdoor and adventurous activity challenges both individually and within a team.	Swimming I can swim competently, confidently and proficiently Over a distance of at least 25 metres	Spiral I can compare my performance with previous ones and demonstrate improvement to achieve my personal best	Summer 2

	balance, agility and co-ordination, 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.	Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending.		I can perform dances using a range of movement patterns. I can compare their performances with previous ones and demonstrate improvement to achieve their personal best.	I can use a range of strokes effectively I can perform safe self-rescue in different water-based situations Athletics I can compare my performance with previous ones and demonstrate improvement to achieve my personal best		
--	--	---	--	---	---	--	--