

Skill/Objective	Year 3		Year 4		Year 5		Year 6	
	PE	Games	PE	Games	PE	Games	PE	Games
PE2/1.1a use running, jumping, throwing and catching in isolation and in combination	Autumn 1 StoneAge Dance	Autumn 1 Netball	Autumn 1 Gymnastics	Autumn 1 Basketball	Autumn 1 Orienteering	Autumn 1 Tag Rugby	Autumn 1 Dance	Autumn 1 Frisbee
PE2/1.1b play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending	Autumn 2 Yoga	Autumn 2 Tag Rugby	Autumn 2 Firework Dance	Autumn 2 Netball	Autumn 2 Gymnastics	Autumn 2 Netball	Autumn 2 Paralympic Volleyball	Autumn 2 Netball
PE2/1.1c develop flexibility, strength, technique, control and balance								
PE2/1.1d perform dances using a range of movement patterns	Spring 1 Dance HAKKA	Spring 1 Hockey	Spring 1 Dance – around the world	Spring 1 Hockey	Spring 1 Yoga	Spring 1 Handball	Spring 1 Gymnastics	Spring 1 Handball
PE2/1.1e take part in outdoor and adventurous activity challenges both individually and within a team	Spring 2 Circuits	Spring 2 Football	Spring 2 Circuits	Spring 2 Tennis	Spring 2 Circuit Training	Spring 2 Tennis	Spring 2 Yoga	Spring 2 Tag Rugby
PE2/1.1f compare their performances with previous ones and demonstrate improvement to achieve their personal best.								
PE2/1.2a swim competently, confidently and proficiently over a distance of at least 25 metres PE2/1.2b use a range of strokes effectively	Summer 1 Gymnastics	Summer 1 Athletics	Summer 1 Dance - Samba	Summer 1 Athletics	Summer 1 Gymnastics	Summer 1 Athletics	Summer 1 Circuits	Summer 1 Athletics
PE2/1.2c perform safe self-rescue in different water-based situations.	Summer 2 Orienteering	Summer 2 Cricket	Summer 2 Gymnastics	Summer 2 Cricket	Summer 2 Dance	Summer 2 Cricket	Summer 2 Orienteering	Summer 2 Rounders
<b>ALL PUPILS TO ATTEND EVERY OTHER WEEKLY SWIMMING LESSONS ON SITE.</b>								

## Overview PE/Games 2024-2025