

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|-----------------------------|--|---|---|--|---|--|
| Reception | Multi- Skills – | Dance | Invasion games – attach, defend and shoot | Gymnastics | Introduction to athletics | Striking and fielding |
| | Forest School /Balance Bikes | Forest School /Balance Bikes | Forest School /Balance Bikes | Forest School /Balance Bikes | Forest School /Balance Bikes | Forest School /Balance Bikes |
| Year 1/2 Cycle A | ABC – Agility, Balance, Co-ordination Multi Skills – Skills 1 | Dance Games - Attack, defend, shoot | Target Games Gymnastics | Outdoor Education Basic map reading & Orienteering Multi skills | Strike & Field Cricket – hit, catch, run Racquet Skills Send & Return - Tennis | Basic Athletics Strike and Field |
| Year 1/2 Cycle B | ABC - Agility, Balance, co ordination Multi Skills | Dance Games Attack, defend, shoot | Target Games Gymnastics | Outdoor Education Basic map reading & Orienteering Multi Skills | Strike & Field Cricket – hit, catch, run Net and Wall games Send & Return - Tennis | Basic Athletics |
| Year 3/4 Cycle A | SAQ Speed, agility. quickness – improving performance Invasion Tag Rugby Directing the ball | Invasion Games (Leicester Riders) Net and Wall Games Tennis Gymnastics | Swimming Develop basic skills of water safety Invasion Games Hockey Passing, send & receive | Swimming Dance | Strike and Field Cricket Athletics Outdoor events track and field | Athletics Outdoor events track and field & Strike and field Rounders |
| Year 3/4 Cycle B | SAQ Speed, agility. quickness – improving performance Sports hall Athletics Balance & co ordination Invasion Tag Rugby Directing the ball | Dodgeball Gymnastics | Swimming Develop basic skills of water safety Dance | Swimming Develop basic skills of water safety Invasion Games Football | Strike and Field Cricket Rugby Refresh Athletics Outdoor events track and field | Strike and Field Rounders Outdoor events track and field Athletics Running increased distances Area Sports |
| Year 5/6 Cycle A | SAQ Speed Agility and Quickness Improving Performance | Invasion Games Basketball – led by Leicester Riders | Outdoor Education Orienteering | Invasion games Alternative Invasion Games | Swimming Strike & Field Cricket | Swimming Strike and Field Rounders Athletics |



PE Curriculum Map -Cycle A and B



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|---------------------------|--|---|--|---|---|--|
| | Gymnastics | Net and Wall Games Badminton | Dance | Ultimate Frisbee Footgolf | | Track and field, |
| Year 6 Cycle B | SAQ Speed Agility and Quickness Improving Performance Gymnastics | Invasion Games Football Sports hall Athletics | Outdoor Education Orienteering Dance- | Alternative Invasion games Netball - | Swimming Strike & Field Cricket | Swimming Strike and Field Rounders Athletics Track and field, |