

Programme of Study

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Mixed Key Stages
Gymnastics Units 1 & 2	Gymnastics Units 1 & 2	Gymnastics Units 1 & 2	Gymnastics Units 1 & 2	Gymnastics Units 1 & 2	Gymnastics Units 1 & 2	Gymnastics Units 1 & 2	1 Reception / Key Stage 1
Dance Units 1 & 2	Dance Units 1 & 2	Dance Units 1 & 2	Dance Units 1 & 2	Dance Units 1 & 2	Dance Units 1 & 2	Dance Units 1 & 2	Distanced PE Fitness Units 1 & 2
Body Management Units 1 & 2	Attack, Defend, Shoot Units 1 & 2	Attack, Defend, Shoot Units 1 & 2	Basketball Football Handball Hockey Lacrosse Netball Tag Rugby	Basketball Football Handball Hockey Lacrosse Netball Tag Rugby	Basketball Football Handball Hockey Netball Tag Rugby	Basketball Football Handball Hockey Netball Tag Rugby	Foundations Wellbeing
Speed Agility Travel Units 1 & 2	Hit, Catch, Run Units 1 & 2	Hit, Catch, Run Units 1 & 2	Cricket Rounders	Cricket Rounders	Cricket Rounders	Cricket Rounders	2 Key Stage 2
Manipulation & Coordination Units 1 & 2	Send & Return Units 1 & 2	Send & Return Units 1 & 2	Badminton Tennis Volleyball	Badminton Tennis Volleyball	Badminton Tennis	Badminton Tennis	Distanced PE Fitness Units 1 & 2
Cooperate & Solve Problems Units 1 & 2	Run, Jump, Throw Units 1 & 2	Run, Jump, Throw Units 1 & 2	Athletics	Athletics	Athletics	Athletics	Foundations
Swimming Beginners	Swimming Beginners	Swimming Beginners	Swimming Intermediate	Swimming Intermediate	Swimming Advanced	Swimming Advanced	Golf
	OAA	OAA	OAA	OAA	OAA	OAA	Wellbeing