Programme of Study



| Reception | | Year 1 | | Year 2 | | Year 3 | | Year 4 | | Year 5 | | Year 6 | | Mixed Key Stages | |
|-----------------|---|-----------|--|----------|--|-----------------|--|----------|--|--------|---|-----------|---|------------------|---|
| 8 | Gymnastics Units 1 & 2 | 8 | Gymnastics Units 1 & 2 | 8 | Gymnastics Units 1 & 2 | 8 | Gymnastics Units 1 & 2 | 8 | Gymnastics Units 1 & 2 | 8 | Gymnastics Units 1 & 2 | 8 | Gymnastics Units 1 & 2 | 1 | Reception / Key Stage 1 |
| J | Dance Units 1 & 2 | П | Dance Units 1 & 2 | J | Dance Units 1 & 2 | J | Dance Units 1 & 2 | J | Dance Units 1 & 2 | J | Dance Units 1 & 2 | J | Dance Units 1 & 2 | 4 | Distanced PE Fitness Units 1 & 2 |
| • | Body Management Units 1 & 2 | T | Attack Defend Shoot Units 1 & 2 | Y | Attack Defend Shoot Units 1 & 2 | | Basketball Football Handball Hockey Lacrosse Netball Tag Rugby Dodgeball | | Basketball Football Handball Hockey Lacrosse Netball Tag Rugby Dodgeball | | Basketball Football Handball Hockey Netball Tag Rugby Dodgeball | | Basketball Football Handball Hockey Netball Tag Rugby Dodgeball | = | 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 |
| 6 | Manipulation & Coordination Units 1 & 2 | り | Send & Return Units 1 & 2 | り | Send & Return Units 1 & 2 | 11 ² | Badminton Tennis Volleyball | 31° | Badminton Tennis Volleyball | | Badminton Tennis | 31° | Badminton Tennis | 4—4 | Distanced PE Fitness Units 1 & 2 |
| \$ | Cooperate & Solve Problems Units 1 & 2 | | Run Jump Throw Units 1 & 2 | | Run Jump Throw Units 1 & 2 | A | Athletics | | Athletics | | Athletics | \$ | Athletics | = | Foundations |
| | Swimming Beginners | | Swimming Beginners | | Swimming Beginners | | Swimming Intermediate | | Swimming Intermediate | | Swimming Advanced | | Swimming Advanced | ./ | Golf |
| | | ₽ | ОАА | ₹ | OAA | ₽ | OAA | ₩ | OAA | | OAA | ₽ | OAA | * | Wellbeing |