

	Autumn 1 st	Autumn 2 nd	Spring 1 st	Spring 2 nd	Summer 1 st	Summer 2 nd
EYFS	Get Set 4 PE assessment focus: Unit 1: Introduction to PE: Unit 1 Unit 2: Dance: Unit 1	Get Set 4 PE assessment focus: Unit 1: Fundamentals: Unit 1 Unit 2: Gymnastics: Unit 1	Get Set 4 PE assessment focus: Unit 1: Introduction to PE: Unit 2 Unit 2: Ball Skills: Unit 1	Get Set 4 PE assessment focus: Unit 1: Games: Unit 1 Unit 2: Fundamentals: Unit 2	Get Set 4 PE assessment focus: Unit 1: Ball Skills: Unit 2 Unit 2: Dance: Unit 2	Get Set 4 PE assessment focus: Unit 1: Games: Unit 2 Unit 2: Gymnastics: Unit 2
Skills	Unit 1: Moving safely, running, jumping, throwing, catching, following a path, sharing, leadership, perseverance, confidence, decision making, selecting and applying actions. Unit 2: Travelling, copying and performing actions, co-ordination, respect, co-operating with others, working independently, confidence, counting, observing and providing feedback, selecting and applying actions.	Unit 1: Balancing, running, jumping, changing direction, hopping, travelling, working safely, responsibility, helping others, honesty, challenging myself, determination, decision making, selecting and applying actions, using tactics. Unit 2: Shapes, balances, jumps, rocking, rolling, travelling, taking turns, cooperation, communication, confidence, determination, selecting and applying skills, creating sequences.	Unit 1: Moving safely, running, jumping, throwing, catching, rolling, sharing and taking turns, encouraging and supporting others, responsibility, honesty and fair play, confidence, perseverance, decision making, understanding and using rules. Unit 2: Rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball, co-operation, supporting others, honesty, perseverance, using tactics, decision making.	Unit 1: Running, balancing, changing direction, striking a ball, throwing, communication, co-operation, taking turns, supporting and encouraging others, honesty and fair play, managing emotions, using tactics, decision making. Unit 2: Hopping, galloping, skipping, sliding, jumping, changing direction, balancing, working safely responsibility, working with others, managing emotions, challenging myself, selecting and applying actions.	Unit 1: Rolling a ball, tracking a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball, co-operation, sharing and taking turns, determination, using tactics, decision making. Unit 2: Travelling, copying and performing actions, balance, co-ordination, respect, co-operating with others, working independently, confidence, counting, observing and providing feedback, selecting and applying actions.	Unit 1: Running, changing direction, striking a ball, communication, co-operation, taking turns, respect, supporting and encouraging others, honesty, managing emotions, perseverance, using tactics. Unit 2: Shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling, leadership, taking turns, helping others, determination, selecting and applying skills, creating sequences
Year 1	Get Set 4 PE assessment focus: Unit 1: Fundamentals Unit 2: Sending and Receiving	Get Set 4 PE assessment focus: Unit 1: Fitness Unit 2: Team Building	Get Set 4 PE assessment focus: Unit 1: Net and Wall Unit 2: Invasion	Get Set 4 PE assessment focus: Unit 1: Dance Unit 2: Ball Skills	Get Set 4 PE assessment focus: Unit 1: Target Games Unit 2: Yoga	Get Set 4 PE assessment focus: Unit 1: Athletics Unit 2: Gymnastics

Skills	<p>Unit 1: Balancing, sprinting, jogging, dodging, jumping, hopping, skipping, taking turns, supporting and encouraging others, respect, communication, challenging myself, perseverance, honesty, selecting and applying, identifying strengths.</p> <p>Unit 2: Rolling, kicking, throwing, catching, tracking, co-operation, communication, keeping others safe, perseverance, challenging myself, identifying how to improve, transferring skills.</p>	<p>Unit 1: Agility, balance, co-ordination, speed, stamina, skipping, taking turns, encouraging and supporting others, determination, perseverance, challenging myself, identifying strengths and areas for improvement, observing and providing feedback.</p> <p>Unit 2: Balancing, travelling actions, communication, sharing ideas, inclusion, encouraging and supporting others, confidence, trust, honesty, decision making, using tactics, providing instructions, planning, problem solving.</p>	<p>Unit 1: Throwing, catching, hitting a ball, tracking a ball, respect, communication, honesty and fair play, determination, decision making, using simple tactics, recalling information, comprehension.</p> <p>Unit 2: Throwing and catching, kicking, dribbling with hands and feet, dodging, finding space, co-operation, communication, supporting and encouraging others, respect and kindness towards others, honesty and fair play, managing emotions, connecting information, decision making, recalling information.</p>	<p>Unit 1: Travel, copying and performing actions, using shape, balance, coordination, co-operation, communication, coming to decisions with a partner, respect, confidence, acceptance, counting, observing and providing feedback, selecting and applying actions.</p> <p>Unit 2: Rolling, kicking, throwing, catching, bouncing, dribbling, co-operation communication, leadership, supporting others, honesty perseverance, challenging myself, using tactics, exploring actions.</p>	<p>Unit 1: Underarm throwing, overarm throwing, ai, hand eye coordination, communication, supporting and encouraging others, leadership, perseverance, honesty, fair play, using tactics, selecting and applying skills, decision making.</p> <p>Unit 2: Breathing, balance, flexibility, strength, working safely, sharing ideas, leadership, calmness, patience, understanding, selecting actions, creating poses, focus, providing feedback.</p>	<p>Unit 1: Running at varying speeds, agility, balance running over obstacles, jumping hopping and leaping in combination and for distance, throwing for distance, working safely, collaborating with others, working independently, honesty and playing to the rules, determination, exploring ideas.</p> <p>Unit 2: Travelling actions, shapes, balances, jumps, barrel roll, straight roll, straight roll, forward roll progressions, sharing, working safely, confidence, observing and providing feedback, selecting and applying actions.</p>
Year 2	<p>Get Set 4 PE assessment focus: Unit 1: Dance Unit 2: Team Building</p>	<p>Get Set 4 PE assessment focus: Unit 1: Ball Skills Unit 2: Target Games</p>	<p>Get Set 4 PE assessment focus: Unit 1: Fitness Unit 2: Sending and Receiving</p>	<p>Get Set 4 PE assessment focus: Unit 1: Gymnastics Unit 2: Invasion</p>	<p>Get Set 4 PE assessment focus: Unit 1: Athletics Unit 2: Net and Wall</p>	<p>Get Set 4 PE assessment focus: Unit 1: Striking and Fielding Unit 2: Yoga</p>
Skills	<p>Unit 1: Travel, copying and performing actions, using dynamics, pathways, expression and speed, balance, coordination, respect consideration, sharing ideas, decision making with others, acceptance, confidence, selecting and applying</p>	<p>Unit 1: Rolling, kicking, throwing, catching, bouncing, dribbling, co-operation, communication, leadership, supporting others, honesty, perseverance, challenging myself, using tactics, exploring actions.</p> <p>Unit 2:</p>	<p>Unit 1: Agility, balance, coordination, speed stamina, skipping, taking turns, encouraging and supporting others, determination, perseverance, challenging myself, identifying strengths and areas for</p>	<p>Unit 1: Shapes, balances, shape jumps, travelling movements, take off and landing, barrel roll, straight roll, forwards roll, sharing, working safely, confidence, independence, observing and providing feedback,</p>	<p>Unit 1: Running at different speeds, combining running and jumping, agility and co-ordination, jumping for distance and height, throwing for distance, working safely, collaborating with others, working independently, determination, observing</p>	<p>Unit 1: Throwing, catching, retrieving a ball, tracking a ball, striking a ball, communication, supporting and encouraging others, consideration of others, perseverance, honesty and fair play, using tactics,</p>

	actions, counting, observing and applying feedback, creating. Unit 2: Travelling actions, jumping, balancing, communication, listening, leading, inclusion, trust, honesty and fair play, acceptance, planning, decision making, problem solving.	Underarm throwing, overarm throwing, aim, hand eye coordination, communication, supporting and encouraging others, leadership, perseverance, honesty, fair play, using tactics, selecting and applying skills, decision making.	improvement, observing and providing feedback. Unit 2: Rolling, kicking, throwing, catching, tracking, co-operation, communication, keeping others safe, perseverance, challenging myself, identifying how to improve, transferring skills.	selecting and applying actions. Unit 2: Throwing and catching, kicking, dribbling with hands, and feet, dodging, finding space, co-operation, communication, supporting and encouraging others, respect and kindness towards others, honesty and fair play, managing emotions, connecting information, decision making, recalling information.	and providing feedback, exploring ideas. Unit 2: Throwing, catching, hitting a ball, tracking a ball, respect, communication, honesty and fair play, determination, decision making, using simple tactics, recalling information, comprehension.	selecting and applying skills decision making. Unit 2: Breathing, balance, flexibility, strength, working safely, sharing ideas, leadership, calmness, patience, understanding, selecting actions, creating poses, focus, providing feedback.
Year 3	Get Set 4 PE assessment focus: Unit 1: Cricket Unit 2: Athletics	Get Set 4 PE assessment focus: Unit 1: Golf Unit 2: Cross-Country	Get Set 4 PE assessment focus: Unit 1: Netball Unit 2: Fitness	Get Set 4 PE assessment focus: Unit 1: Football Unit 2: Dance	Get Set 4 PE assessment focus: Unit 1: Tennis Unit 2: Gymnastics	Get Set 4 PE assessment focus: Unit 1: Rounders Unit 2: Yoga
Skills	Unit 1: Underarm and overarm throwing, catching, over and underarm bowling, fielding and tracking a ball, batting, collaboration and communication, respect, perseverance, honesty, observing and providing feedback, applying strategies. Unit 2: Sprinting, running over obstacles, jumping for distance and height, push and pull throwing for distance, working collaboratively, working safely, perseverance,	Unit 1: Balancing, coordination, accuracy, striking, throwing, taking turns, supporting and encouraging others, respect, communication, challenging myself, perseverance, honesty, determination, selecting and applying skills, identifying strengths, identifying weaknesses, creativity. Unit 2: Running middle and long distances, speed, stamina, pacing, supporting and encouraging others, perseverance, identifying	Unit 1: Passing, catching, footwork, intercepting, shooting, working safely, communication, collaboration, honesty and fair play, perseverance, planning strategies and using tactics, observing and providing feedback. Unit 2: Strength, power, speed, agility, coordination, balance, stamina, supporting others, working safely, perseverance, determination, identifying areas of strength and areas for development.	Unit 1: Dribbling, passing, ball control, tracking/jockeying, turning, receiving, communication, collaboration, cooperation, honesty, perseverance, selecting and applying tactics, decision making. Unit 2: Using canon/unison/formation/dynamics/pathways and direction, copying and performing actions, control, balance, sharing ideas, respect, inclusion of others, leadership,	Unit 1: Forehand, backhand, throwing, catching, ready position, collaboration, respect, supporting others, honesty, perseverance, decision making, understanding rules, using tactics. Unit 2: Individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics, collaboration, communication, respect, confidence, observing and providing feedback, selecting and applying	Unit 1: Underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting, collaboration and communication, respect, supporting and encouraging others, honesty and fair play, confidence to take risks, managing emotions, observing and providing feedback, using tactics, decision making. Unit 2: Breathing, balance, flexibility, strength, coordination, working safely, sharing ideas,

	determination, observing and a providing feedback.	strengths and weaknesses, respect, challenging myself, managing emotions.		working safely, confidence, acceptance, selecting and applying actions, creating, observing and providing feedback.	actions, evaluating and improving.	leadership, calmness, focus, confidence, selecting actions, creating poses and flows, providing feedback.
Year 4	Get Set 4 PE assessment focus: Unit 1: Golf Unit 2: OAA	Get Set 4 PE assessment focus: Unit 1: Cricket Unit 2: Cross-Country	Get Set 4 PE assessment focus: Unit 1: Hockey Unit 2: Gymnastics	Get Set 4 PE assessment focus: Unit 1: Basketball Unit 2: Fitness	Get Set 4 PE assessment focus: Unit 1: Rounders Unit 2: Athletics	Get Set 4 PE assessment focus: Unit 1: Tennis Unit 2: Dance
Skills	Unit 1: Balancing, coordination, accuracy, striking, throwing, taking turns, supporting and encouraging others, respect, communication, challenging myself, perseverance, honesty, determination, selecting and applying skills, identifying strengths, identifying weaknesses, creativity. Unit 2: Balance, running, communication, teamwork, trust, inclusion, listening, confidence, planning, map reading, decision making, problem solving.	Unit 1: Underarm and overarm throwing, catching, over and underarm bowling, fielding and tracking a ball, batting, collaboration and communication, respect, perseverance, honesty, observing and providing feedback, applying strategies. Unit 2: Running middle and long distances, speed, stamina, pacing, supporting and encouraging others, perseverance, identifying strengths and weaknesses, respect, challenging myself, managing emotions.	Unit 1: Passing, dribbling, receiving, intercepting, tackling, communication, collaboration, inclusive, honesty and fair play, perseverance, empathy, planning strategies and using tactics, observing and providing feedback, decision making. Unit 2: Individual and partner balances, jumps using rotation, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand, responsibility, collaboration, communication, respect, confidence, observing and providing feedback, selecting and applying actions, evaluating and improving sequences.	Unit 1: Throwing and catching, dribbling, intercepting, changing direction and speed, shooting, working safely, communication, collaboration, honesty and fair play, perseverance, planning strategies and using tactics, observing and providing feedback. Unit 2: Strength, speed, power, agility, coordination, balance, stamina, supporting others, working safely, perseverance, determination, identifying areas of strength and areas for development.	Unit 1: Underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting, collaboration and communication, respect, supporting and encouraging others, honesty and fair play, confidence to take risks, managing emotions, observing and providing feedback, using tactics, decision making. Unit 2: Pacing, sprinting technique, jumping for distance and height, throw/heave/launch for distance, working collaboratively, working safely, perseverance, determination, observing and providing feedback, exploring ideas.	Unit 1: Underarm throwing, catching, forehand, backhand, ready position, collaboration, respect, supporting others, honesty, perseverance, decision making, understanding rules, selecting and applying skills and tactics. Unit 2: Performing a variety of dance actions, using canon/unison/formation/dynamics/character/structure/space, balance, control, technique, collaboration, consideration, inclusion, respect, empathy, confidence, observing and providing feedback, selecting and applying skills.
Year 5	Get Set 4 PE assessment focus: Unit 1: Tennis Unit 2: Athletics	Get Set 4 PE assessment focus: Unit 1: Hockey Unit 2: Cross-Country	Get Set 4 PE assessment focus: Unit 1: Football Unit 2: Fitness	Get Set 4 PE assessment focus: Unit 1: Netball Unit 2: Dance	Get Set 4 PE assessment focus: Unit 1: Cricket Unit 2: Gymnastics	Get Set 4 PE assessment focus: Unit 1: Dodgeball Unit 2: Yoga

Skills	<p>Unit 1: Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, collaboration, communication, respect, honesty, decision making, selecting and applying tactics.</p> <p>Unit 2: Pacing, Sprinting technique, relay changeovers, jumping for height and distance, push and pull throwing for distance, collaborating with others, supporting others, perseverance, determination, observing and providing feedback.</p>	<p>Unit 1: Dribbling, passing, receiving, tackling, creating and using space, shooting, communication, collaboration, perseverance, honesty and fair play, planning strategies and using tactics, observing and providing feedback, selecting and applying skills.</p> <p>Unit 2: Running middle and long distances, speed, stamina, pacing, taking a pulse, supporting and encouraging others, collaboration, perseverance, identifying strengths and weaknesses, respect, challenging myself, managing emotions, understanding the importance of cardiovascular fitness.</p>	<p>Unit 1: Dribbling, passing, ball control, tracking/jockeying, turning, goalkeeping, receiving, communication, collaboration, respect, honesty, perseverance, selecting and applying tactics, decision making.</p> <p>Unit 2: Strength, speed, power, agility, coordination, balance, stamina, supporting and encouraging others, working collaboratively, perseverance, determination, analysing data.</p>	<p>Unit 1: Passing, catching, footwork, intercepting, shooting, dodging, communication, collaboration, perseverance, honesty and fair play, planning strategies and using tactics, selecting and applying skills, decision making.</p> <p>Unit 2: Performing a variety of dance actions, using canon/unison/formation/dynamics/character/structure/space/emotion/matching/mirroring and transitions, collaboration, consideration and awareness of others, inclusion, respect, leadership, empathy, confidence, creating, observing and providing feedback, using feedback to improve, selecting and applying skills.</p>	<p>Unit 1: Underarm and overarm throwing, catching, over and underarm bowling, long and short barrier, batting, collaboration and communication, respect, honesty, observing and providing feedback, selecting and applying strategies.</p> <p>Unit 2: Symmetrical and asymmetrical balances, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand, handstand, responsibility, collaboration, communication, respect, confidence, observing and providing feedback, selecting and applying actions, evaluating and improving sequences.</p>	<p>Unit 1: Throwing, catching, dodging, blocking, collaboration, respect, leadership, honesty, determination, confidence, decision making, selecting and applying tactics.</p> <p>Unit 2: Balance, strength, flexibility, coordination, leadership, sharing ideas, working safely, confidence, working independently, creating, selecting and applying actions, observing and providing feedback.</p>
Year 6	<p>Get Set 4 PE assessment focus: Unit 1: Rounders Unit 2: Cross-country</p>	<p>Get Set 4 PE assessment focus: Unit 1: Tennis Unit 2: OAA</p>	<p>Get Set 4 PE assessment focus: Unit 1: Basketball Unit 2: Netball</p>	<p>Get Set 4 PE assessment focus: Unit 1: Hockey Unit 2: Fitness</p>	<p>Get Set 4 PE assessment focus: Unit 1: Dodgeball Unit 2: Badminton</p>	<p>Get Set 4 PE assessment focus: Unit 1: Athletics Unit 2: Gymnastics</p>

Skills	<p>Unit 1: Throwing and catching, bowling, tracking /fielding/ retrieving a ball, basting, organising and self-managing a game, respect, supporting and encouraging others, communicating ideas and reflecting with others, honesty and fair play, confidence to take risks, managing emotion, decision making, using tactics, identifying how to improve, selecting skills.</p> <p>Unit 2: Running middle and long distances, speed, stamina, pacing, taking a pulse, supporting and encouraging others, collaboration, perseverance, identifying strengths and weaknesses, respect, challenging myself, managing emotions, understanding the importance of cardiovascular fitness.</p>	<p>Unit 1: Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, split step, collaboration, communication, respect, honesty, perseverance, decision making, selecting and applying tactics, evaluating and improving.</p> <p>Unit 2: Stamina, running, communication, teamwork, trust, inclusion, listening, confidence, planning, map reading, decision making, problem solving.</p>	<p>Unit 1: Throwing and catching, dribbling, intercepting, shooting, communication, collaboration, perseverance, honesty and fair play, planning strategies and using tactics, observing and providing feedback.</p> <p>Unit 2: Passing, catching, footwork, intercepting, shooting, dodging, communication, collaboration, perseverance, honesty and fair play, planning strategies and using tactics, selecting and applying skills, decision making.</p>	<p>Unit 1: Dribbling, passing, receiving, tackling, creating and using space, shooting, communication, collaboration, perseverance, honesty and fair play, planning strategies and using tactics, observing and providing feedback, selecting and applying skills.</p> <p>Unit 2: Strength, speed, power, agility, coordination, balance, stamina, supporting and encouraging others, working collaboratively, perseverance, determination, analysing data.</p>	<p>Unit 1: Throwing, catching, dodging, blocking, collaboration, respect, leadership, honesty, determination, confidence, decision making, selecting and applying tactics.</p> <p>Unit 2: Ready position, grip, forehand, backhand, serve, footwork, communication, respect, supporting and encouraging others, confidence, perseverance, honesty, using tactics, selecting and applying skills, identifying strengths and areas for development.</p>	<p>Unit 1: Pacing, sprinting, jumping for distance, jumping for height, push throwing for distance, fling throwing for distance, negotiating, collaborating with others, perseverance, determination, observing and providing feedback.</p> <p>Unit 2: Straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, headstand, vault, responsibility, collaboration, communication, respect, confidence, observing and providing feedback, selecting and applying actions, evaluating and improving sequences.</p>
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Links to KS3 WNAT Curriculum

(A = Autumn, Sp = Spring, S = Summer)

Year 7	Practical A & Sp: Development of fundamental skills and techniques in a range of sports from the PE National Curriculum (Basketball, handball, netball, football, rugby/hockey, fitness activities, OAA, badminton)				Practical S: Development of fundamental skills and techniques in the sporting activities of tennis, athletics and striking games.	
	Theory A1: Stages/principles of a	Theory A2: Name & location of voluntary muscles	Theory Sp1: Function of the Skeleton and types of bones	Theory Sp2: Name and location of all skeletal bones	Theory S1: Types of joints Movements at a joint	Theory S2: Structure & function of a joint

	warm up Stages/principles of a cool down					
Year 8	Practical A & Sp: Progression of fundamental skills to advanced skills and techniques in a range of sports from the PE National Curriculum. Skills and techniques applied through defensive and attacking principles.				Practical S: Progression of fundamental skills to advanced skills and techniques in the sporting activities of tennis, athletics and striking games. Skills and techniques applied through defensive and attacking principles	
	Theory A1: Immediate effects of exercise on the muscular and skeletal system	Theory A2: Immediate effects of exercise on the cardiorespiratory system.	Theory Sp1: Different heart rates and exercise intensities	Theory Sp2: Fitness components and the practical application	Theory S1: Fitness tests: method, purpose and results analysis	Theory S2: Methods of training and the practical application
Year 9	Practical A & Sp: Development of tactics and strategies to create success in a range of sports from the PE national curriculum. Development of leadership skills through a Sport Education programme where possible.				Practical S: Development of tactics and strategies to create success in the sporting activities of tennis, athletics and striking games. Development of leadership skills through a Sport Education programme where possible.	
	Theory A1: Principles of training	Theory A2: The implications of key principles when planning a training	Theory Sp1: Long term effects of exercise on the muscular & skeletal system	Theory Sp2: Long term effects of exercise on the cardiorespiratory system	Theory S1: Diet: sources and functions	Theory S2: The implications of a sedentary lifestyle.