



Physical Education Progression Year 1 – Year 6

	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Year One	Gymnastics OAA/Teambuilding	Sending and Receiving Fundamentals	Dance Invasion Games	Ball Skills Target Games	Athletics Fitness	Striking and Fielding Net and Wall Games
Year Two	Gymnastics OAA/Teambuilding	Dance Sending and Receiving	Team Games Target Games	Striking and Fielding Fitness	Athletics Yoga	Invasion Games Net and Wall Games
Year Three	OAA Swimming Dodgeball	Hockey Swimming Football	Gymnastics Swimming Tag Rugby	Cricket Swimming Basketball	Athletics Fundamentals	Tennis Rounders
Year Four	Fundamentals Gymnastics	Netball Handball	Hockey Ball Skills	Tag Rugby Tennis	Basketball Fitness	Orienteering Athletics
Year Five	OAA Badminton	Fitness Netball	Gymnastics Hockey	Dodgeball Handball	Basketball Cricket	Football Rounders
Year Six	Hockey Tennis	Handball Tag Rugby	Dodgeball Fitness	Netball and Basketball Cricket	Athletics Rounders Swimming	Team Games Swimming