St Nicholas C of E Primary School

"Love your neighbour as yourself" | Matthew 22:37-39

Physical Education

Continue your lifelong love of learning and personal development

5 & 6

Year A
- Invasion games: Netball
- Gymnastics
- Dance
- Invasion games: Hockey
- Striking and Fielding: Rounders
- Athletics

Year B
- Athletics
- Striking and fielding skills
- Invasion games: Rugby
- Multi-Skills
- Gymnastics
- Net and Wall: Volleyball

3 & 4

Year A
- Net and Wall: soft tennis
- Gymnastics
- Dance
- Invasion games: Football
- Striking and fielding skills
- Athletics – Running, throwing and catching skills

Year B
- Athletics – running and throwing
- Co-ordination – throw and catch, bat and ball
- Team game skills
- Dance
- Gymnastics
- Movement and agility skills

1 & 2

Year A
- Movement skills
- Gymnastics
- Dance
- Team game skills
- Co-ordination – throw and catch, bat and ball skills
- Athletic Skills – Running and jumping

EYFS

Year A & B
- Run and jump
- Co-ordination and ball skills - feet
- Ball skills – hand/eye co-ordination
- Dance
- Co-ordination - Gymnastics
- Movement skills