



Physical Education at St Mary's Academy

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Foundation Stage	Games- Moving in different ways	Games- Throwing and Catching	Games- Bouncing/Kicking/Hitting	Dance	Gymnastics (OG?)	Athletics- Run/Jump/Throw/Roll
Y1	Dance Multi-Skills: Ball Games (Throw and Catch)	Dance Ball Skills- Invasion Games(Pass/Kick/Travel)	Gymnastics (OG) Multi-Skills: Bat and Ball- Cricket (Hitting)	Gymnastics Dodgeball/Touch Down (Attack and Defend/Dodge)	Gymnastics (Movement/Sequence /Balance) Multi-Skills: Sports Day (Run/Jump/Throw)	Athletics- Run/Jump
Y2	Dance Throwing and Catching	Dance Football (Pass/kick)	Gymnastics (OG) Dodgeball (Attack and Defend/Dodge)	Gymnastics Basketball (Throw and Catch/Bounce)	Invasion Games Multi-Skills: Bat and Ball- Cricket/Tennis (Hitting)	Athletics- Run/Jump/Throw
Y3	Gymnastics (OG) Handball (Throw and Catch)	Gymnastics Invasion Games (Move/Attack/Defend/Pass)	Dance Football (Pass/kick)	Dance Outdoor Adventures	Hockey (Attack and Defend/Pass/Hitting) Cricket/Rounders (Hitting/Striking/Fielding)	Athletics- Run/Jump/Throw
Y4	Gymnastics (OG) Basketball (Throw and Catch/Move)	Gymnastics Invasion Games (Attack/Defend/Pass/Move)	Dance Tag Rugby (Attack and Defend/Throw and Catch)	Dance Outdoor Adventurous Activities	Badminton (Hitting/Rally) Hockey (Attack and Defend/Pass/Hitting)	Athletics- Run/Jump/Throw

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Y5	Dance Basketball (Throw and Catch/Pass/Dribble)	Handball (Attack and Defend/Throw/Catch) Invasion Games (Attack/Defend/Pass/Dribble)	Gymnastics Tennis (Hitting)	Gymnastics (OG) Outdoor Adventurous Activities	Dance Rounders (Hitting/Striking/Fielding)	Athletics-Run/Jump/Throw
Y6	Dance Invasion Games (Attack/Defend/Pass/Dribble)	Tag Rugby (Attack and Defend/Pass/Receive) Tennis (Hitting)	Gymnastics Netball (Throw/Catch/Attack/Defend)	Gymnastics (OG) Outdoor Adventurous Activities	Dance Cricket/Rounders (Hitting/Striking/Fielding)	Athletics-Run/Jump/Throw