

Threshold concept:		Develop practical skills in order to participate, compete and lead a healthy lifestyle				
	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
EYFS	EYFS- Fundamental skills	EYFS- Fundamental skills	EYFS- FMS Jack and the Beanstalk	EYFS-FMS – Super worm	EYFS- Fundamental skills	EYFS-FMS Hungry Caterpillar
	EYFS- Fundamental skills	EYFS-FMS Transport	EYFS-FMS Mini beasts	EYFS-FMS- Rumble in the Jungle	EYFS-FMS Space	EYFS- Fundamental skills
Year 1	Year 1 Gymnastics Activities 1	KS1 Year 1 Dance- Toy Story	Year 1 FMS Rolling a ball	Year 1 FMS- Overarm throw	Year 1 FMS- Underarm throw	KS1- Year 1 Athletics
	Year 1 FMS Baseline Unit- Lost and found	Year 1 FMS Baseline unit- Supertato	KS1 FMS Kicking unit	Year 1 gymnastics Activities 2	KS1 Year 1 dance Three little Pigs	Year 1 FMS Catching and bouncing a ball
Year 2	KS1 FMS Kicking unit	Year 2 Gymnastics Activities 1	Year 2 Dance- Once upon a giant	KS1 Year 2 FMS Playground games in the 20 <sup>th</sup> century	Year 2 Games Striking and fielding	Year 2 FMS End of KS1 Assessment
	KS1 Dance Fire fire	KS1 Year 2 FMS Bounce ball	Year 2 Games Net and Wall	KS1 FMS and Gym Jack and the beanstalk	Year 2- OAA The Great Outdoors	KS1 Year 2 Athletics
Year 3	Year 3 Invasion games	Year 3 / 4 Creative Games Tag and target	Year 3 / 4 Games Net and wall unit core task 1	Year 3 / 4 Games Net and wall unit core task 2	Year 3 / 4 Dance Ironman	Year 3 / 4 OAA Trust and trails
	Year 3 / 4 Striking and fielding games- rounders	Year 3 Gymnastics activities 1	Year 3 Gymnastics activities 2	Year 3 Invasion games- handball	Swimming Summer 1	Swimming Summer 2
Year 4	Year 4 Gymnastics activities 1	Year 3 / 4 Dance- The Great Plague	Swimming Spring 1	Year 3 / 4 Striking and fielding- cricket	Year 3 / 4 Athletics activities	Year 4 Target games- Boccia

## PHYSICAL EDUCATION

Threshold concept: Develop practical skills in order to participate, compete and lead a healthy lifestyle						
	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
	Year 4 Invasion games- Handball	Year 4 Invasion games- Basketball	Year 4 Gymnastics- activities 2	Swimming Spring 2	Year 4 Invasion games- rugby	Year 3 / 4 OAA team work and problem solving
<b>Year 5</b>	Swimming Autumn 1	Swimming Autumn 2	Swimming Spring 1	Swimming Spring 2	Swimming Summer 1	Swimming Summer 2
	Year 5 Gymnastics activities 1	Year 5 / 6 Invasion Games- hockey	Year 5 Dance Earthlings	Year 5 / 6 Move and Learn	Year 5 Orienteering	Year 5 / 6 Striking and fielding games- Cricket
<b>Year 6</b>	Year 6 Gymnastics Activities 1	Swimming Autumn 2	Year 5 / 6 Invasion games- netball	Year 5 / 6 Net and wall Tennis	Year 5 / 6 Athletics	Year 5 / 6 Striking and fielding games- cricket
	Swimming Autumn 1	Year 5 / 6 Invasion games- Rugby 2	Year 5 / 6 Dance Food, glorious food	Year 6 Gymnastics	Year 5 / 6 OAA Teambuilding	Year 5 / 6 OAA

Year 5
Move and Learn (PE and Science)
<ul style="list-style-type: none"> <li>• Understand what physical activity is and the different levels of physical activity</li> <li>• Understand what activities contribute to your active day</li> <li>• Know how much physical activity you should be doing for your health.</li> <li>• You will also take part in a pulse rate experiment</li> <li>• Understand how physical activity can affect the body and mind</li> <li>• Learn about types of activity you could choose to do</li> <li>• Understand why we need to stay hydrated</li> </ul>

**PHYSICAL EDUCATION**



- Identify how to stay hydrated
- Other factors that affect hydration levels