

Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
EYFS	1 (PE Lessons)	Body management	Gymnastics	Dance	Body Management	Speed, Agility, Travel	Sports Day skills
FMS skills focus:							
Static Balance							
Sprint Run							
Catch							
Vertical Jump	2 (Continuous Provision)	Cooperate and solve problems Manipulation and Coordination Body management Elements of Speed, Agility, Travel					

		Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Year 1	1	Run, Jump, Throw Unit 1	Attack, Defend, Shoot Unit 1	Hit, Catch, Run Unit 1	Send and Return Unit 2	Attack, Defend, Shoot Unit 2	Run, Jump, Throw Unit 2
FMS skills focus:							
Hop							
Side Gallop	2	Send and return Unit 1	Dance unit 1	<b>Gymnastics Unit 1</b>	Dance Unit 2	Gymnastics Unit 2	Hit, Catch, Run Unit 2
Skip							
Overarm Throw							
Year 2	1	Run, Jump, Throw Unit 1	Attack, Defend, Shoot Unit 1	Hit, Catch, Run Unit 1	Send and Return Unit 2	Attack, Defend, Shoot Unit 2	Run, Jump, Throw Unit 2
FMS Skill Focus:							
Leap							
Kick	2	Dance unit 1	Send and return Unit 1	Gymnastics Unit 1	Dance Unit 2	Gymnastics Unit 2	Hit, Catch, Run Unit 2
Two hand strike							
Dodge							

		Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Year 3	1	Field and striking - rounders skills	Swimming	Net/Wall games – Tennis skills	Field Striking – Cricket skills	Invasion games- Netball/Basketball all skills Unit	Athletics Unit
	2	Dance unit 1	Invasion games -Tag Rugby skill based games (Year 4 unit 1)	Gymnastics Unit 1	Dance Unit 2	Gymnastics Unit 2	OAA Unit
Year 4	1	Invasion Games - Hockey Skills	Field Striking – Cricket skills	Yoga	Net/Wall Unit Lacrosse Badminton skills	Invasion Games- Football/Rugby/ flag football skills	Rounders Unit
	2	Gymnastics Unit 1	OAA Unit	Dance unit 1	Gymnastics Unit 2	Dance Unit 2	Athletics Unit

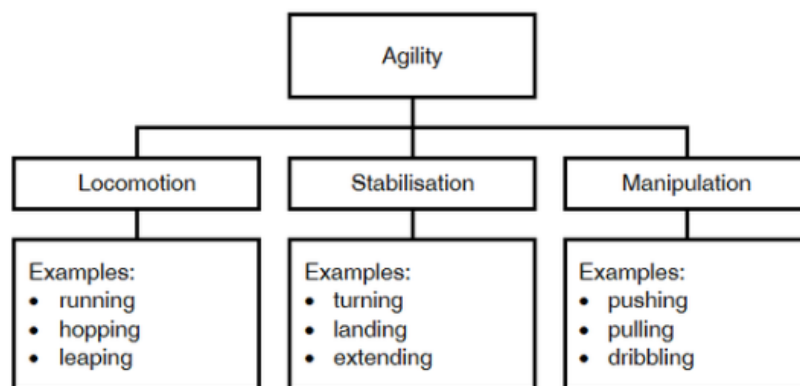
		Aut 1	Aut 2	Spr 1	Spr 2	Sum 1	Sum 2
Year 5	1	Rounders	Hockey	Netball/Flag Football (one class trial)	Tennis	Cricket	Athletics
	2	Dance Unit 1 – adapted for topic	Fitness circuit	Gymnastics Unit 1	Dance Unit 2	Gymnastics Unit 2	OAA Unit
Year 6	1	Tag Rugby Unit	Cricket Unit	Netball	Gymnastics Unit/Dance/Yoga 1 dependent on hall allocation	Tennis/Badminton Unit	Rounders
	2	Gymnastics Unit LB/Dance SH /Yoga BL – dependent on hall allocation	OAA Unit	Gymnastics Unit/Dance/Yoga 1 dependent on hall allocation	Gymnastics Unit 2	Dance Unit 2	Athletics Unit

### Key – KS2

Invasion Games	
Net/Wall	
Field/Striking	
Dance	
Yoga	
Gymnastics	
Athletics	

OAA	
Swimming	

FMS provide the building blocks that enable a child to progress to developing sport-specific skills.



Agility is shown opposite as an example of a sport-specific skill. Agility is a key component and determinant of success in many sports.

An agile movement can be considered to be a combination of locomotion, stabilisation and manipulation skills combined into a rapid sequence of movement.

## How do we support or challenge pupils? STEP.

### What is STEP?

#### Space

Where the activity is happening

E.g. modify the space by increasing or decreasing the area in which a task is to be performed or changing the distance or areas in which to score points.

#### Task

What is happening?

E.g. modify the task by changing the demands, the rules of the activity, the number of times the child is to repeat the task, teaching cues, direction/level/pathway of movement or length of time to complete the task.

## **Equipment**

What is being used?

E.g. modify the equipment by changing the size of the target, level of equipment, amount of equipment, height of the equipment or the arrangement of the equipment.





## **People**

Who is involved?

E.g. modify the people involved by having children work alone, with a partner, bigger teams, smaller teams, as leader or follower, on different activities, or in a small group.

Maybe the more confident gymnasts could be jumping from higher apparatus or a developing group of netballers could be challenged by playing on a bigger court. Why not try a few of the STEP principles in your PE lessons this week and see what results?

	Early Years	Lower School		Middle School		Upper School	
		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Static balance</b>							
<b>Sprint run</b>							
<b>Vertical jump</b>							
<b>Catch</b>							
<b>Hop</b>							
<b>Side gallop</b>							
<b>Skip</b>							
<b>Overarm throw</b>							
<b>Leap</b>							
<b>Kick</b>							
<b>Two-hand strike</b>							
<b>Dodge</b>							

-  Focused teaching and learning, with an emphasis on the introductory components
-  Practice and development, with an emphasis on the fine-tuning components
-  Benchmark of when most pupils should demonstrate proficiency of the skill
-  Consolidation and application of skill in sport contexts, games and physical activities