



Physical Education - Trinity First School

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<u>Fundamental Skills</u> Travelling (movements) Throwing & Catching Fun Fitness	<u>Fundamental Skills</u> Balance Co-ordination Familiarisation with Equipment Fun fitness	<u>Gymnastics</u> Skills Balances Routines	<u>Fundamental Skills</u> Throwing & Catching Agility Fun Fitness	<u>Starter Sports</u> Football Skills Tennis Skills Basketball Skills Fun Fitness	<u>Athletics & Sports Day Practice</u> Track Events Field Events Sports Day events Fun Fitness
1	<u>Fundamental Skills</u> Throwing & Catching Balance Agility & Footwork Fun Fitness	<u>Fundamental Skills</u> Throwing to a target Dynamic Balance Agility Fun fitness	<u>Gymnastics</u> Skills Balances Routines	<u>Sports Skills</u> Basketball/Netball Cricket & Rounder Football Fun Fitness	<u>Team Games</u> Multi-Skills Throwing & Catching Agility Fun Fitness	<u>Athletics & Sports Day Practice</u> Track Events Field Events Sports Day events Fun Fitness
2	<u>Fundamental Skills</u> Throwing & Catching Balance Agility & Footwork Fun Fitness	<u>Fundamental Skills</u> Throwing to a target Dynamic Balance Agility Fun fitness	<u>Gymnastics</u> Skills Balances Routines	<u>Sports Skills</u> Basketball/Netball Cricket & Rounder Football Fun Fitness	<u>Team Games</u> Multi-Skills Throwing & Catching Agility Fun Fitness	<u>Athletics & Sports Day Practice</u> Track Events Field Events Sports Day events Fun Fitness
3	<u>Street Netball</u> Attack vs Defence Out-witting an opponent Match-Play (tactics) Games Fun Fitness	<u>Invasion Games</u> Hockey Basketball Football Rugby Fun Fitness	<u>Gymnastics</u> Skills Balances Jumps Routines	<u>Outdoor Education</u> Team Building Orienteering Fun Fitness Archery	<u>Striking & fielding</u> Cricket Rounders Tennis Fun Fitness	<u>Athletics & Sports Day Practice</u> Track Events Field Events Sports Day events Paralympics Fun Fitness
4	<u>Street Netball</u> Attack vs Defence Out-witting an opponent Match-Play (tactics) Games Fun Fitness	<u>Invasion Games</u> Hockey Basketball Football Rugby Fun Fitness	<u>Gymnastics</u> Skills Balances Jumps Routines	<u>Outdoor Education</u> Team Building Orienteering Fun Fitness Archery	<u>Striking & fielding</u> Cricket Rounders Tennis Fun Fitness	<u>Athletics & Sports Day Practice</u> Track Events Field Events Sports Day events Paralympics Fun Fitness