

Physical Education Precise Knowledge

Class 1						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A 2024.2025	Multi Skills Invasion Games – Tag Rugby	Gymnastics	Dance Health and Fitness	Athletics	Net & Wall games - Tennis	Striking and Fielding – Cricket Sports Day Practise
Cycle B 2025.26	Multi Skills ABC's	Health and Fitness	Gymnastics	Net & Wall games - Tennis	Circuits	Striking and Fielding – Rounders/ Scatterball Sports Day Practise
Cycle C	Multi Skills ABC's	Gymnastics	Dance Health and Fitness	Athletics	Net & Wall games - Tennis	Striking and Fielding – Cricket Sports Day Practise

Class 2						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A 2024.2025	Multi Skills Invasion Games – Tag Rugby	Gymnastics	Dance Health and Fitness	Athletics	Net & Wall games - Tennis	Striking and Fielding – Cricket Sports Day Practise
Cycle B 2025.26	Multi Skills ABC's	Health and Fitness	Gymnastics	Net & Wall games - Tennis	Games (skill specific) Circuits	Striking and Fielding – Rounders/ Scatterball Sports Day Practise
Cycle C	Multi Skills ABC's	Gymnastics	Dance Health and Fitness	Athletics	Net & Wall games - Tennis	Striking and Fielding – Cricket Sports Day Practise

Class 3						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A 2024.2025	Multi Skills Circuits	Sports Hall Athletics Dance Health and Fitness	Invasion Games – Hockey Gymnastics	Net & Wall games – Tennis Invasion Games – Handball	Invasion Games – Basketball Striking and Fielding – Cricket	Outdoor and Adventurous Sports Day Practise
Cycle B 2025.26	Multi Skills Sports Hall Athletics	Circuits Health and Fitness	Invasion Games – Handball Gymnastics	Net & Wall games - Tennis	Striking and Fielding – Tri Golf	Striking and Fielding – Rounders Sports Day Practise
Cycle C	Multi Skills Outdoor and Adventurous Invasion Games – Handball	Circuits Gymnastics	Dance Invasion Games – Basketball	Net & Wall games – Tennis Invasion Games – Hockey	Athletics	Striking and Fielding – Cricket Sports Day Practise