

PE

Year Group	Autumn Term	Spring Term	Summer Term
<b>EYFS</b>	Walking High, low, over, under Dinosaurs Hands	Moving Ourselves Nursery Rhymes Feet	Games for understanding Jumping Hands
<b>Learning Powers and values</b>	Curiosity and imagination as they experiment moving in different ways. Respect for others – Listen and play by the rules.	Self-belief as they move and travel with confidence.	Resilience to develop success. Kindness - Show gratitude and empathy when encouraging and supporting each other.
<b>Opportunities for exploring and celebrating diversity</b>	Jessica Ennis-Hill – British athlete and former Olympic and World heptathlon champion.	Oti Mabuse - South African talent show judge, presenter, dancer and Latin dance champion.	Ade Adepitan - Nigerian-born British television presenter and wheelchair basketball player. Former paralympic world cup winner.
<b>Year 1</b>	Body parts Running Hands Growing	Wide, narrow, curled Health and wellbeing Feet Jumping	Games for understanding Team building Hands Rackets, bats and balls
<b>Learning Powers and values</b>	Self-belief - Striving to reach maximum output.	Self-belief as they move and travel with confidence. Respect for others – Listen and play by the rules. Kindness - Sharing equipment and apparatus with others.	Respect for others - Understanding of effective teamwork. Kindness - Encouraging and supporting each other.
<b>Opportunities for exploring and celebrating diversity</b>	Mo Farah - British long-distance runner. His ten global championship gold medals (four Olympic and six World titles) make him the most successful male track distance runner ever, and he is the most successful British track athlete in modern Olympic Games history.	Louis Smith – British Gymnast and former Olympic silver and bronze medallist.	Serna Guthrie – British netballer and former captain of the national team.
<b>Year 2</b>	Dodging Linking Explorers Hands	Pathways Health and Wellbeing Jumping Feet	Games for understanding Team building Hands Rackets, Bats and Balls
<b>Learning Powers and values</b>	Resilience - Understanding the consequences in a game when mistakes are made.	Curiosity - Using imagination to create a range of movements linked to a variety of characters.	Self-Belief - Striving to complete different challenges, adapting strategies and never giving up.

		Kindness – Showing gratitude and fairness as they support team members, play by the rules and congratulate others.	Respect for Others – Collaborating with team members effectively and playing fairly against the opposition.
<b>Opportunities for exploring and celebrating diversity</b>	Kathleen Williams – British gymnast who competed in six events at the Olympic games.	Alex Scott - English sports presenter, pundit, and former professional footballer. She made 140 appearances for the England national team and represented Great Britain at the Olympic games.	Li Na – Former Chinese tennis player and winner of two grand slam titles.
<b>Year 3</b>	Netball Problem Solving Tag rugby Symmetry and asymmetry	Wild animals Mindfulness Hockey Tennis	Athletics Swimming Rounders
<b>Learning Powers and values</b>	Kindness - Cooperation and encouragement when playing fairly against others, keeping score. Self-belief - Take responsibility leading others.	Curiosity - Resourcefulness and evaluation when creating sequences in pairs, making any adaptations when necessary. Respect for others – Communicate appropriately when collaborating with others.	Resilience - Understanding the consequences in a game when mistakes are made.
<b>Opportunities for exploring and celebrating diversity</b>	Sohail Abbas – A former professional field hockey player from Pakistan. He is the highest goal scorer in international field hockey with 348 international goals.	Alfie Hewett – British wheelchair tennis player and 23-time major champion.	Dame Kelly Holmes – British athlete and former member of the British Army. Winner of two Olympic gold medals. Former World and commonwealth champion.
<b>Year 4</b>	Netball Problem Solving Tag rugby Bridges	Cats Mindfulness Hockey Tennis	Athletics Swimming Rounders
<b>Learning Powers and values</b>	Respect for others - Collaborate with others including opponents.	Curiosity - Resourcefulness and evaluation when creating sequences in pairs, making any adaptations when necessary. Respect for others – Communicate appropriately when collaborating with others.	Resilience - Understanding the consequences in a game when mistakes are made.
<b>Opportunities for exploring and celebrating diversity</b>	Courtney Lawes – English Rugby international who has represented England at every major event and also been capped by the British and Irish Lions.	Ashley Banjo – English street dancer, choreographer and actor. The leader of dance troupe Diversity who won the third series of Britain's Got Talent.	Alice Dearing - British swimmer, specialising in open water events and former World Junior open water champion. She was the first black female swimmer to represent Britain at an Olympic competition and co-founded the Black Swimming Association.
<b>Year 5</b>	Netball Problem Solving Counter Balance and Counter Tension	Swimming Health Related Exercise Tennis	Athletics Cricket Rounders

	Tag Rugby		Communication and tactics
<b>Learning Powers and values</b>	Resilience – In game-based scenarios self-discipline will be challenged and there is a need for focus on trying your best, even when your team is losing. Respect for others - Watch others' performances and give feedback on ways to improve.	Curiosity - Apply tactics that can then be adapted depending on the game situation.	Self-belief - Apply effective leadership skills and control own emotions, taking responsibility for team members. Resilience - Understanding when and why to apply certain skills.
<b>Opportunities for exploring and celebrating diversity</b>	Geva Mentor – English netball player and winner of a commonwealth gold medal.	Alice Tai – British paralympic swimmer who has represented Great Britain at European and World Championships and at the Commonwealth and Paralympic Games, winning gold medals at all levels.	Moeen Ali - English cricketer who has served as vice-captain for England in limited overs cricket. Winner of the Cricket World Cup and T20 World Cup.
<b>Year 6</b>	Netball Swimming Matching and Mirroring	Health related exercise Carnival Tennis Hockey	Cricket Athletics Rounders Leadership
<b>Learning Powers and values</b>	Curiosity – Solving problems by creating a range of tactics, applying these in games. Respect for others - Understanding of the role each team member will perform and will ensure the team feels motivated.	Self-belief - Identify strengths and weaknesses and find ways to improve. Resilience – In game-based scenarios self-discipline will be challenged and there is a need for focus on trying your best, even when your team is losing.	Kindness - Speaking and listening within their teams, encouraging others and giving praise.
<b>Opportunities for exploring and celebrating diversity</b>	Ellie Simmonds - British former Paralympian swimmer and former Paralympian, World and European champion. Former participant in Strictly Come Dancing.	Emma Raducanu – British tennis Player and the first British woman to win a Grand Slam singles title since Virginia Wade at the 1977 Wimbledon Championships.	Jonnie Peacock – English Sprinter. An amputee, Peacock won gold at the 2012 Summer Paralympics and 2016 Summer Paralympics, representing Great Britain.