

Programme of Study

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	Mixed Key Stages
 Gymnastics Units 1 & 2	 Gymnastics Units 1 & 2	 Gymnastics Units 1 & 2	 Gymnastics Units 1 & 2	 Gymnastics Units 1 & 2	 Gymnastics Units 1 & 2	 Gymnastics Units 1 & 2	 1 Reception/ Key Stage 1
 Dance Units 1 & 2	 Dance Units 1 & 2	 Dance Units 1 & 2	 Dance Units 1 & 2	 Dance Units 1 & 2	 Dance Units 1 & 2	 Dance Units 1 & 2	 Distanced PE Fitness Units 1 & 2
 Body Management Units 1 & 2	 Attack, Defend, Shoot Units 1 & 2	 Attack, Defend, Shoot Units 1 & 2	 Football Netball Basketball Hockey Tag Rugby Handball Lacrosse	 Football Netball Basketball Hockey Tag Rugby Handball Lacrosse	 Football Netball Basketball Hockey Tag Rugby Handball	 Football Netball Basketball Hockey Tag Rugby Handball	 Foundations
 Speed Agility Travel Units 1 & 2	 Hit, Catch, Run Units 1 & 2	 Hit, Catch, Run Units 1 & 2	 Rounders Cricket	 Rounders Cricket	 Rounders Cricket	 Rounders Cricket	
 Manipulation & Coordination Units 1 & 2	 Send & Return Units 1 & 2	 Send & Return Units 1 & 2	 Tennis Badminton	 Tennis Badminton	 Tennis Badminton	 Tennis Badminton	 2 Key Stage 2
 Cooperate & Solve Problems Units 1 & 2	 Run, Jump, Throw Units 1 & 2	 Run, Jump, Throw Units 1 & 2	 Athletics	 Athletics	 Athletics	 Athletics	 Distanced PE Fitness Units 1 & 2
 Swimming Beginners	 Swimming Beginners	 Swimming Beginners	 Swimming Intermediate	 Swimming Intermediate	 Swimming Advanced	 Swimming Advanced	 Foundations
	 OAA	 OAA	 OAA	 OAA	 OAA	 OAA	 Golf