

Physical Education

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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
Effective Teams through Invasion Games	Self-Reflection through Health and Fitness	Self-Belief through Gymnastic Activities	Problem Solving through Net and Wall Games	Effective Communication through Striking/Fielding Games	Fulfilling Potential through Athletics
Tactics and strategies	Evaluate performance	Improve technique	Tactics and strategies	Tactics and strategies	Improve technique

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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
Alternative Activities through Invasion Games	Health and Wellbeing through Health and Fitness	Creativity through Gymnastic Activities	Focus through Net and Wall Games	Community through Striking/Fielding Games	Personal Performance through Athletics
Tactics and strategies	Evaluate performance	Improve technique	Tactics and strategies	Tactics and strategies	Improve technique

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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
Respect through Invasion Games	Attitudes and Behaviours through Health and Fitness	The Power of Positivity through Gymnastic	Redefining Competition Net and Wall Games	Problem Solving through Striking/Fielding Games	Sporting Values through Athletics
Tactics and strategies	Analyse performance	Improve technique	Tactics and strategies	Tactics and strategies	Improve technique

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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
Communication through Invasion Games	Emotional Intelligence through Health and Fitness	Resilience through Gymnastic Activities	Awareness through Net and Wall Games	Intra-Personal Skills through Striking/Fielding Games	Determination through Athletics
Tactics and strategies	Analyse performance	Improve technique	Tactics and strategies	Tactics and strategies	Improve technique

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Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
Confidence through Invasion Games	Knowledge and Understanding through Health and Fitness	Competence through Gymnastic Activities	The Power of Positivity through Net and Wall	Awareness through Striking/Fielding Games	Motivation through Athletics
Tactics and strategies	Analyse performance	Improve technique	Tactics and strategies	Tactics and strategies	Improve technique

