

PHYSICAL EDUCATION AT ST. HELEN'S KS 2



Year 6	Term 1 Multi-skills Gymnastics	Term 2 Multi-skills Dance	Term 3 Gymnastics Dodgeball	Term 4 Dance Fitness	Term 5 Tennis Orienteering	Term 6 Athletics
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Year 5	Term 1 Multi-skills Gymnastics	Term 2 Multi-skills Dance	Term 3 Gymnastics Dodgeball	Term 4 Dance Fitness	Term 5 Tennis Orienteering	Term 6 Athletics
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Year 4	Term 1 Multi-Skills Gymnastics	Term 2 Multi-Skills Dance	Term 3 Gymnastics Dodgeball	Term 4 Dance Fitness	Term 5 Tennis Orienteering	Term 6 Athletics
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Year 3	Term 1 Handball Gymnastics	Term 2 Basketball Dance	Term 3 Gymnastics Dodgeball	Term 4 Dance Tennis	Term 5 Athletics Orienteering	Term 6 Cricket Athletics
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PHYSICAL EDUCATION AT ST.HELEN'S KS1



Year 2

Term 1
Multi-skills
Gymnastics

Term 2
Multi-skills
Dance

Term 3
Gymnastics
Dodgeball

Term 4
Dance
Fitness

Term 5
Tennis
Orienteering

Term 6
Athletics

Year 1

Term 1
Multi-Skills
Gymnastics

Term 2
Multi-Skills
Dance

Term 3
Gymnastics
Dodgeball

Term 4
Dance
Fitness

Term 5
Tennis
Orienteering

Term 6
Athletics

EYFS

Children at the expected level of development will:

- Negotiate space and obstacles safely, with consideration for themselves and others

- Demonstrate strength, balance and coordination when playing;

- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing

