

	Autumn 1 <sup>st</sup>	Autumn 2 <sup>nd</sup>	Spring 1 <sup>st</sup>	Spring 2 <sup>nd</sup>	Summer 1 <sup>st</sup>	Summer 2 <sup>nd</sup>
<b>Preschool</b>	Fundamentals Using environment safely to explore balance, spacial awareness and equipment	Dance Responding with coordinated and repeated moves to musical stimulus	Gymnastics Refining body movements outdoors or inside	Games Co operation and rule following with simple games	Fundamentals Using environment safely to explore balance, spacial awareness and equipment	Balls,bats and hoops Catching and throwing balls and hoops , aiming for a target using body or bat
<b>Skills</b>	Moving safely, running, pedalling, stepping up and down, jumping, hopping, stopping throwing, catching, following a path, sharing, leadership, perseverance, confidence, decision making, selecting and applying actions.	Travelling, copying and performing actions, coordination, respect, cooperating with others, working independently, confidence, counting, observing and providing feedback, selecting and applying actions.	Hopping, galloping, skipping, sliding, jumping, rolling changing direction, balancing, working safely, responsibility, working with others, managing emotions, challenging myself, selecting and applying actions.	Running, balancing, changing direction, striking a ball, throwing, communication, co-operation, taking turns, supporting and encouraging others, honesty and fair play, managing emotions, using tactics, decision making	Balancing, running, jumping, changing direction, hopping, travelling, working safely, responsibility, helping others, honesty, challenging myself, determination, decision making, selecting and applying actions, using tactics.	Rolling a ball, tracking a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball, Running, changing direction, striking a ball, communication,
<b>YR</b>	Get Set 4 PE assessment focus: <b>Unit 1: Introduction to PE: Unit 1</b> <b>Unit 2: Dance: Unit 1</b>	Get Set 4 PE assessment focus: <b>Unit 1: Fundamentals: Unit 1</b> <b>Unit 2: Gymnastics: Unit 1</b>	Get Set 4 PE assessment focus: <b>Unit 1: Introduction to PE: Unit 2</b> <b>Unit 2: Ball Skills: Unit 1</b>	Get Set 4 PE assessment focus: <b>Unit 1: Games: Unit 1</b> <b>Unit 2: Fundamentals: Unit 2</b>	Get Set 4 PE assessment focus: <b>Unit 1: Ball Skills: Unit 2</b> <b>Unit 2: Dance: Unit 2</b>	Get Set 4 PE assessment focus: <b>Unit 1: Games: Unit 2</b> <b>Unit 2: Gymnastics: Unit 2</b>
<b>Skills</b>	<b>Unit 1:</b> Moving safely, running, jumping, throwing, catching, following a path, sharing, leadership, perseverance, confidence, decision making, selecting and applying actions. <b>Unit 2:</b> Travelling, copying and performing actions, coordination, respect, cooperating with others, working independently, confidence, counting, observing and providing	<b>Unit 1:</b> Balancing, running, jumping, changing direction, hopping, travelling, working safely, responsibility, helping others, honesty, challenging myself, determination, decision making, selecting and applying actions, using tactics. <b>Unit 2:</b> Shapes, balances, jumps, rocking, rolling, travelling, taking turns, cooperation, communication,	<b>Unit 1:</b> Moving safely, running, jumping, throwing, catching, rolling, sharing and taking turns, encouraging and supporting others, responsibility, honesty and fair play, confidence, perseverance, decision making, understanding and using rules. <b>Unit 2:</b> Rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet,	<b>Unit 1:</b> Running, balancing, changing direction, striking a ball, throwing, communication, co-operation, taking turns, supporting and encouraging others, honesty and fair play, managing emotions, using tactics, decision making. <b>Unit 2:</b> Hopping, galloping, skipping, sliding, jumping, changing direction, balancing, working safely, responsibility, working	<b>Unit 1:</b> Rolling a ball, tracking a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball, co-operation, sharing and taking turns, determination, using tactics, decision making. <b>Unit 2:</b> Travelling, copying and performing actions, balance, coordination, respect, cooperating with others, working independently, confidence, counting,	<b>Unit 1:</b> Running, changing direction, striking a ball, communication, co-operation, taking turns, respect, supporting and encouraging others, honesty, managing emotions, perseverance, using tactics. <b>Unit 2:</b> Shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling, leadership, taking turns, helping

	feedback, selecting and applying actions.	confidence, determination, selecting and applying skills, creating sequences.	kicking a ball, co-operation, supporting others, honesty, perseverance, using tactics, decision making.	with others, managing emotions, challenging myself, selecting and applying actions.	observing and providing feedback, selecting and applying actions.	others, determination, selecting and applying skills, creating sequences
<b>Year 1</b>	Get Set 4 PE assessment focus: <b>Unit 1: Fundamentals</b> <b>Unit 2: Sending and Receiving</b>	Get Set 4 PE assessment focus: <b>Unit 1: Fitness</b> <b>Unit 2: Team Building</b>	Get Set 4 PE assessment focus: <b>Unit 1: Net and Wall</b> <b>Unit 2: Invasion</b>	Get Set 4 PE assessment focus: <b>Unit 1: Dance</b> <b>Unit 2: Ball Skills</b>	Get Set 4 PE assessment focus: <b>Unit 1: Target Games</b> <b>Unit 2: Yoga</b>	Get Set 4 PE assessment focus: <b>Unit 1: Athletics</b> <b>Unit 2: Gymnastics</b>
<b>Skills</b>	<b>Unit 1:</b> Balancing, sprinting, jogging, dodging, jumping, hopping, skipping, taking turns, supporting and encouraging others, respect, communication, challenging myself, perseverance, honesty, selecting and applying, identifying strengths. <b>Unit 2:</b> Rolling, kicking, throwing, catching, tracking, co-operation, communication, keeping others safe, perseverance, challenging myself, identifying how to improve, transferring skills.	<b>Unit 1:</b> Agility, balance, co-ordination, speed, stamina, skipping, taking turns, encouraging and supporting others, determination, perseverance, challenging myself, identifying strengths and areas for improvement, observing and providing feedback. <b>Unit 2:</b> Balancing, travelling actions, communication, sharing ideas, inclusion, encouraging and supporting others, confidence, trust, honesty, decision making, using tactics, providing instructions, planning, problem solving.	<b>Unit 1:</b> Throwing, catching, hitting a ball, tracking a ball, respect, communication, honesty and fair play, determination, decision making, using simple tactics, recalling information, comprehension. <b>Unit 2:</b> Throwing and catching, kicking, dribbling with hands and feet, dodging, finding space, co-operation, communication, supporting and encouraging others, respect and kindness towards others, honesty and fair play, managing emotions, connecting information, decision making, recalling information.	<b>Unit 1:</b> Travel, copying and performing actions, using shape, balance, coordination, co-operation, communication, coming to decisions with a partner, respect, confidence, acceptance, counting, observing and providing feedback, selecting and applying actions. <b>Unit 2:</b> Rolling, kicking, throwing, catching, bouncing, dribbling, co-operation communication, leadership, supporting others, honesty, perseverance, challenging myself, using tactics, exploring actions.	<b>Unit 1:</b> Underarm throwing, overarm throwing, ai, hand eye coordination, communication, supporting and encouraging others, leadership, perseverance, honesty, fair play, using tactics, selecting and applying skills, decision making. <b>Unit 2:</b> Breathing, balance, flexibility, strength, working safely, sharing ideas, leadership, calmness, patience, understanding, selecting actions, creating poses, focus, providing feedback.	<b>Unit 1:</b> Running at varying speeds, agility, balance, running over obstacles, jumping, hopping and leaping in combination and for distance, throwing for distance, working safely, collaborating with others, working independently, honesty and playing to the rules, determination, exploring ideas. <b>Unit 2:</b> Travelling actions, shapes, balances, jumps, barrel roll, straight roll, straight roll, forward roll progressions, sharing, working safely, confidence, observing and providing feedback, selecting and applying actions.

<b>Year 2</b>	Get Set 4 PE assessment focus: <b>Unit 1: Dance</b> <b>Unit 2: Team Building</b>	Get Set 4 PE assessment focus: <b>Unit 1: Ball Skills</b> <b>Unit 2: Target Games</b>	Get Set 4 PE assessment focus: <b>Unit 1: Fitness</b> <b>Unit 2: Sending and Receiving</b>	Get Set 4 PE assessment focus: <b>Unit 1: Gymnastics</b> <b>Unit 2: Invasion</b>	Get Set 4 PE assessment focus: <b>Unit 1: Athletics</b> <b>Unit 2: Net and Wall</b>	Get Set 4 PE assessment focus: <b>Unit 1: Striking and Fielding</b> <b>Unit 2: Yoga</b>
<b>Skills</b>	<b>Unit 1:</b> Travel, copying and performing actions, using dynamics, pathways, expression and speed, balance, coordination, respect consideration, sharing ideas, decision making with others, acceptance, confidence, selecting and applying actions, counting, observing and applying feedback, creating. <b>Unit 2:</b> Travelling actions, jumping, balancing, communication, listening, leading, inclusion, trust, honesty and fair play, acceptance, planning, decision making, problem solving.	<b>Unit 1:</b> Rolling, kicking, throwing, catching, bouncing, dribbling, co-operation, communication, leadership, supporting others, honesty, perseverance, challenging myself, using tactics, exploring actions. <b>Unit 2:</b> Underarm throwing, overarm throwing, aim, hand eye coordination, communication, supporting and encouraging others, leadership, perseverance, honesty, fair play, using tactics, selecting and applying skills, decision making.	<b>Unit 1:</b> Agility, balance, coordination, speed stamina, skipping, taking turns, encouraging and supporting others, determination, perseverance, challenging myself, identifying strengths and areas for improvement, observing and providing feedback. <b>Unit 2:</b> Rolling, kicking, throwing, catching, tracking, co-operation, communication, keeping others safe, perseverance, challenging myself, identifying how to improve, transferring skills.	<b>Unit 1:</b> Shapes, balances, shape jumps, travelling movements, take off and landing, barrel roll, straight roll, forwards roll, sharing, working safely, confidence, independence, observing and providing feedback, selecting and applying actions. <b>Unit 2:</b> Throwing and catching, kicking, dribbling with hands, and feet, dodging, finding space, co-operation, communication, supporting and encouraging others, respect and kindness towards others, honesty and fair play, managing emotions, connecting information, decision making, recalling information.	<b>Unit 1:</b> Running at different speeds, combining running and jumping, agility and co-ordination, jumping for distance and height, throwing for distance, working safely, collaborating with others, working independently, determination, observing and providing feedback, exploring ideas. <b>Unit 2:</b> Throwing, catching, hitting a ball, tracking a ball, respect, communication, honesty and fair play, determination, decision making, using simple tactics, recalling information, comprehension.	<b>Unit 1:</b> Throwing, catching, retrieving a ball, tracking a ball, striking a ball, communication, supporting and encouraging others, consideration of others, perseverance, honesty and fair play, using tactics, selecting and applying skills, decision making. <b>Unit 2:</b> Breathing, balance, flexibility, strength, working safely, sharing ideas, leadership, calmness, patience, understanding, selecting actions, creating poses, focus, providing feedback.
<b>Year 3</b>	Get Set 4 PE assessment focus: <b>Unit 1: Cricket</b> <b>Unit 2: Athletics</b>	Get Set 4 PE assessment focus: <b>Unit 1: Golf</b> <b>Unit 2: Cross-Country</b>	Get Set 4 PE assessment focus: <b>Unit 1: Netball</b> <b>Unit 2: Fitness</b>	Get Set 4 PE assessment focus: <b>Unit 1: Football</b> <b>Unit 2: Dance</b>	Get Set 4 PE assessment focus: <b>Unit 1: Tennis</b> <b>Unit 2: Gymnastics</b>	Get Set 4 PE assessment focus: <b>Unit 1: Rounders</b> <b>Unit 2: Yoga</b>
<b>Skills</b>	<b>Unit 1:</b> Underarm and overarm throwing, catching, over and underarm bowling,	<b>Unit 1:</b> Balancing, coordination, accuracy, striking, throwing, taking turns,	<b>Unit 1:</b> Passing, catching, footwork, intercepting, shooting, working safely,	<b>Unit 1:</b> Dribbling, passing, ball control, tracking/jockeying,	<b>Unit 1:</b> Forehand, backhand, throwing, catching, ready position, collaboration,	<b>Unit 1:</b> Underarm and overarm throwing, catching, tracking a ball, fielding and

	<p>fielding and tracking a ball, batting, collaboration and communication, respect, perseverance, honesty, observing and providing feedback, applying strategies.</p> <p><b>Unit 2:</b> Sprinting, running over obstacles, jumping for distance and height, push and pull throwing for distance, working collaboratively, working safely, perseverance, determination, observing and a providing feedback.</p>	<p>supporting and encouraging others, respect, communication, challenging myself, perseverance, honesty, determination, selecting and applying skills, identifying strengths, identifying weaknesses, creativity.</p> <p><b>Unit 2:</b> Running middle and long distances, speed, stamina, pacing, supporting and encouraging others, perseverance, identifying strengths and weaknesses, respect, challenging myself, managing emotions.</p>	<p>communication, collaboration, honesty and fair play, perseverance, planning strategies and using tactics, observing and providing feedback.</p> <p><b>Unit 2:</b> Strength, power, speed, agility, coordination, balance, stamina, supporting others, working safely, perseverance, determination, identifying areas of strength and areas for development.</p>	<p>turning, receiving, communication, collaboration, cooperation, honesty, perseverance, selecting and applying tactics, decision making.</p> <p><b>Unit 2:</b> Using canon/unison/formation/dynamics/pathways and direction, copying and performing actions, control, balance, sharing ideas, respect, inclusion of others, leadership, working safely, confidence, acceptance, selecting and applying actions, creating, observing and providing feedback.</p>	<p>respect, supporting others, honesty, perseverance, decision making, understanding rules, using tactics.</p> <p><b>Unit 2:</b> Individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics, collaboration, communication, respect, confidence, observing and providing feedback, selecting and applying actions, evaluating and improving.</p>	<p>retrieving a ball, batting, collaboration and communication, respect, supporting and encouraging others, honesty and fair play, confidence to take risks, managing emotions, observing and providing feedback, using tactics, decision making.</p> <p><b>Unit 2:</b> Breathing, balance, flexibility, strength, coordination, working safely, sharing ideas, leadership, calmness, focus, confidence, selecting actions, creating poses and flows, providing feedback.</p>
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