



CEC Key Stage 2 Learning Journey: (Physical Ed)

Spring Term

Badminton
Handball
Gymnastics
Hockey

Summer Term

Athletics
Tennis
Rounders
Cricket

Extra Curricular

Football Club
Cricket Club
Dodgeball Club
Netball Club
Basketball Club
Multi-Sport Club

Autumn Term

Football
Netball
Basketball
Fitness

Year **7**

Summer Term
OAA and Athletics

Rounders/
Swimming Top Ups

Spring Term

Dance

Tennis

Spring Term

Gymnastics

Dance

Summer Term

- Swimming
- OAA and Athletics

Autumn Term

Netball

Gymnastics

Year **6**

Autumn Term

Netball

Hockey

Year **5**

Summer Term

Hockey

Football

Spring Term

Taekwondo,
Healthy
Lifestyle and
Nutrition

Dance and
Gymnastics

Spring Term

Gymnastics
and Dance

Netball

Summer Term

Basketball

Athletics

Autumn Term

OAA and Athletics

Rounders

Year **4**

Autumn Term

Hockey

Tennis

Year **3**

Cycle Assessment points

- Autumn Term Assessments (November)
- Spring Term Assessments (March)
- Summer Term Assessments (June)



PE Key Stage 1 Learning Journey: (Physical Education)

Learning journey to continue in KS2

Spring Term

To be able to jump from one foot to two feet, using a short run-up and object/vault.
To explore climbing over, under and through apparatus at height.
To link actions to create a sequence, on their own and with a partner.
To plan, perform and repeat sequences, and improve these based on peer or teacher feedback.

Summer Term

To sprint over short distances e.g. 60m (Year 2 70m)
To run over longer distances, conserving energy to sustain performance e.g. 400m
To understand how to run in a relay team.
To be able to jump from two feet to two feet (standing long-jump).

Autumn Term

To warm-up and cool-down appropriately.
To know how to hold a hockey stick correctly (black circle before elbow crease, light grip for easy/ fluid movement and change of direction).
To develop hand-eye coordination skills, learning to play a range of activities, stop, weigh, catch, balance, throw, hit, kick, juggle

Year 2

Summer Term

To sprint over short distances e.g. 60m (Year 2 70m)
To run over longer distances, conserving energy to sustain performance e.g. 400m
To understand how to run in a relay team.
To be able to jump from two feet to two feet (standing long-jump).

Spring Term

To travel forwards, backwards and sideways on the floor and at different levels using apparatus.
To explore rolls and inversions e.g. pencil roll, teddy-bear roll, forward roll.
To be able to jump from one foot to two feet.
To climb safely on equipment.

Spring Term

Dance and ball skills:

Body the pattern or rhythm of music.
Move with an awareness of my surroundings.
Use emotions to guide movement to different pieces of music.
Combine different movements developing fluency and ease of movement.
Make decisions about their movements to progress them.
Ball control:
Grasp and release a ball.
Catch with two hands.
Track a ball when it is moving.
Move body to position their self to catch.
Kick ball with appropriate amount of force.
Stop a moving ball.

Summer Term

Gymnastics and Games

- Shapes, Balances, Jumps
- Rock and roll, Barrel roll, Straight roll
- Progressions of a forward roll
- Running, balancing, changing direction
- Striking a ball, throwing

To stop a moving ball.

Autumn Term

Fundamentals Unit 1 and 2
-To move with control, use space safely with an awareness of others. To experiment with different ways of moving. To move their body accordingly.
Jumping and landing safely, rolling and balancing
-To be able to jump landing on two feet. To move from one foot to another with control and balance. To explore balancing with different parts of body. To identify what part of their body I need to move to copy another's movement

Year R

Autumn Term

To understand how to warm-up and cool-down appropriately.
To move with control, and find and use space safely with an awareness of others.
To balance and transfer weight using different parts of the body, e.g. bunny-hops, zigzagging.

Year 1

Summer Term

Gymnastics and Ball Skills GS4PE

- Shapes, Balances, Jumps
- Rocking, Rolling, Travelling
- Rolling and stopping a ball
- Throwing at a target
- Bouncing a ball
- Kicking and dribbling a ball

Spring Term

Fundamentals Unit 1 and Dance (GS4PE)

- Balancing
- Running
- Jumping
- Changing direction
- Hopping
- Travelling
- Copying and performing actions
- Co-ordination

Spring Term

Fundamentals Unit 1 and 2 (GS4PE)

- Balancing
- Running
- Jumping
- Changing direction
- Hopping
- Travelling
- Galloping
- Skipping
- Sliding

Summer Term

Dance and Gymnastics

- Copying and performing actions
- Co-ordination
- Shapes, Balances, Jumps
- Rocking, Rolling, Travelling

Autumn Term

- Introduction to PE (GS4PE) Units 1 and 2
- Moving safely
- Running
- Jumping
- Throwing and Catching
- Rolling
- Following a path

Year N

Autumn Term

- Introduction to PE (GS4PE) Units 1 and 2
- Moving safely
- Running
- Jumping
- Throwing and Catching
- Rolling
- Following a path

Year P

Cycle Assessment points

- Autumn Term Assessments (November)
- Spring Term Assessments (March)
- Summer Term Assessments (June)

A01

A02

A03