

Norwich Road Academy – Long term for Physical Education

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Nursery	Climbing Balancing Negotiating spaces Kicking a ball Throwing through a hoop		Hitting a ball with a bat Throwing over arm Climbing steps one at a time Kicking a ball		Throwing under arm Hopping and skipping skills Parachute games	
Reception	Introduction to PE	Gymnastics	Fundamentals	Dance	Ball skills	Games
Year 1	Ball skills	Dance	Sending and receiving	Striking and fielding	Athletics	Net and wall
Year 2	Ball skills	Gymnastics	Sending and receiving	Striking and fielding	Athletics	Net and wall
Year 3	Tag rugby	Dance	Netball	Cricket	Swimming Athletics	Swimming Tennis
Year 4	Swimming Football	Swimming Gymnastics	Netball	Rounders	Athletics	Tennis

Year 5	Tag rugby	Dance	Netball	Cricket	Athletics	Tennis
Year 6	Football	Gymnastics	Basketball	Rounders	Athletics	Tennis



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