

# Physical Education

	Autumn		Spring		Summer	
Reception	Footwork One-Leg Balance	Jumping and Landing Seated Balance	Shape and Travel	Balance On a Line Stance	Ball Skills Balance with a Partner	Sending and Receiving Reaction and Response
Year 1	Footwork One-Leg Balance	Jumping and Landing Seated Balance	Flight and Rotation	Balance On a Line Stance	Sending and Receiving Reaction and Response	Ball Chasing Floor Work
Year 2	Footwork One-Leg Balance	Jumping and landing Seated Balance	Balance and Travel	Balance On a Line Stance	Ball skills Balance With a Partner	Sending and Receiving Reaction and Response
Year 3	Footwork One-Leg Balance	Jumping and landing Seated Balance	Travel: Mapping Pathways Rotation: Sequences	Ball chasing Stance	Reaction and Response Floor Work	Balance On a Line Ball Skills
Year 4	Footwork One-Leg Balance	Jumping and landing Seated Balance	Sports Plus (Bench Ball)	Balance: Sequences Rotation: Sequences	Sport Plus (Athletics)	Sending and Receiving Balance with a partner
Year 5	Sending and Receiving Ball Chasing	Sports Plus (Football)	Hand apparatus: Sequences Low Apparatus: Sequences	Sports Plus (Tennis)	Ball Skills Reaction and Response	Balance On a Line Balance with a partner
Year 6	Sports Plus (Football)	Stance Footwork	Hand apparatus: Sequences Low Apparatus: Sequences	Seated Balance Floor Work	Ball Skills Reaction and Response	Sports Plus (Rounders)