

Indoor PE Sequence of Learning – Why this, Why now?

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Reception Unit Of Work	Fundamentals Unit 1	Dance Unit 1	Games Unit 1	Gymnastics Unit 1	Gymnastics Unit 2	Dance Unit 2
Aspect of PE	<i>Basic Movements</i>	<i>Dance</i>	<i>Team Games</i>	<i>Basic Movements</i>	<i>Basic Movements</i>	<i>Dance</i>
Reception Vocabulary	balance travel run jump hop	level represent communicate ideas repeat	control score role exercise teamwork	transport weight control actions sequence	shapes land rock roll link	music movement feelings ideas repeat
Year 1 Unit Of Work	Fitness	Yoga	Gymnastics	Dance	Athletics	Target Games
Aspect of PE	<i>Basic Movements</i>	<i>Basic Movements</i>	<i>Basic Movements</i>	<i>Dance</i>	<i>Basic Movements</i>	<i>Basic Movements</i>
Year 1 Vocabulary	fitness strength coordination agility balance stamina	mindfulness pose flexibility balance create yoga flow	movements travel shapes balance jump roll	pose beat count direction speed choreography	distance lap hop jump leap obstacle	target aim

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Year 2 Unit Of Work	Fitness	Yoga	Gymnastics	Dance	Athletics	Net & Wall Games
Aspect of PE	<i>Basic Movements</i>	<i>Basic Movements</i>	<i>Basic Movements</i>	<i>Dance</i>	<i>Basic Movements</i>	<i>Team Games</i>
Year 2 Vocabulary	fitness strength coordination agility balance stamina	pose repeat strength flexibility link flow	level sequence technique direction control stability	unison expression direction speed level dynamics	rhythm sprint height jump leap obstacle	defend ready position opponent score racket send
Year 3 Unit Of Work	Fitness	Gymnastics	Dance	Fundamentals YR 3/4	Dodgeball	Rounders
Aspect of PE	<i>Fitness & Personal Best</i>	<i>Gymnastics</i>	<i>Dance</i>	<i>Movements</i>	<i>Invasion Games</i>	<i>Competitive Games</i>
Year 3 Vocabulary	fitness strength coordination agility balance stamina sprint actions	tension transition direction matching contrasting technique control stability	unison expression dynamics interact transition stimulus phrase formation		zone hit dead ball target aim switch dodge duck	retrieve bowl striking batter bowler fielder tactics technique

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Year 4 Unit Of Work	Box-2-B-Fit	Dance	Gymnastics	Yoga	Handball	Tennis
Aspect of PE	<i>Fitness & Personal Best</i>	<i>Dances</i>	<i>Gymnastics</i>	<i>Gymnastics</i>	<i>Competitive Games</i>	<i>Competitive Games</i>
Year 4 Vocabulary	circuit station challenge motivation concentration personal best compare performance	unison expression dynamics interact transition reaction phrase formation	tension transition rotation matching contrasting inverted pathways stability	pose repeat strength flexibility link flow	zone hit dead ball target aim switch dodge duck	racket forearm backhand groundstroke return rally serve stroke
Year 5 Unit Of Work	Fitness	Gymnastics	Dance	Yoga	Dodgeball	Rounders
Aspect of PE	<i>Fitness & Personal Best</i>	<i>Gymnastics</i>	<i>Dance</i>	<i>Gymnastics</i>	<i>Competitive Games</i>	<i>Competitive Games</i>
Year 5 Vocabulary	fitness sprint strength coordination actions agility balance stamina	transition mirroring synchronisation canon asymmetrical symmetrical tension inverted	unison expression dynamics interact transition reaction phrase formation	pose repeat strength flexibility link flow	aim switch dodge duck block opponent tactic fair play	retrieve bowl striking batter bowler fielder tactics technique

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Year 6 Unit Of Work	Box-2-B-Fit	Dance	Gymnastics	Badminton YR 5/6	Handball	Volleyball YR 5/6
Aspect of PE	<i>Fitness & Personal Best</i>	<i>Dance</i>	<i>Gymnastics</i>	<i>Competitive Games</i>	<i>Competitive Games</i>	<i>Competitive Games</i>
Year 6 Vocabulary	circuit station challenge motivation concentration personal best compare performance	contrast expression dynamics interact transition reaction phrase formation	mirroring synchronisation canon asymmetrical symmetrical tension counter balance counter tension	racket forearm backhand groundstroke return rally serve stroke	zone hit dead ball target aim switch dodge duck	ready position volley fast catch rally serve rotate