

PE KS1 SCHOOL PROGRAMME

YEAR GROUP	T1 AUTUMN T2		T3 SPRING T4		T5 SUMMER T6	
Year 2 Red First FUNS Cards	Balance	Balance through Gymnastics	Agility through TAG Games A/B/C	Balance through Yoga	Balance through Dance	A/B/C Racket Skills through Core Task
	Co-ordination	Co-ordination through Gymnastics	A/B/C Agility through Dance	Co-ordination Core-Task Invasion Game	Co-ordination through Striking & Fielding	Sports Day Prep Athletic
	Fun Games	Fun Games	Multi-Skills	Ball Skills	Dodgeball	Invasion
Year 1 Green First FUNS Cards	Balance	Balance through Gymnastics	Agility Tag Tails Chasing Game	Balance through Yoga	Balance through Dance	Racket Skills Agility Core Task
	Co-ordination	Co-ordination	Agility through Dance	Co-ordination through Ball Skills	Co-ordination through Ball Skills	Sports Day Prep
	Fun Games	Fun Games	Multi-Skills	Ball Skills	Dodgeball	Invasion

Reception Yellow First FUNS Cards	Balance	Balance	Balance & Agility through Gymnastics	Agility	Balance & Agility Through Dance Me, Myself, I	Agility (Sports Day Prep)
	Co-ordination	Co-ordination	Agility	Co-ordination	Co-ordination	Agility (Sports Day Prep)
	Fun Games	Fun Games	ABC Cards	Ball Skills	Dodgeball	Invasion

A – Agility: Locomotion/ Changing Pace/ Directions, using different floor patterns, twisting and turning, ball chasing, reaction response to ball drop.

B – Balance: Core stability, static balance, dynamic balance, counter balance in pairs, dynamic balance to agility (jumping)

C – Co-ordination: Object control alone or with partner, stationary, on the move, sending and receiving a ball.