



PE Planning Contents

KS1

1. Athletics
2. Basketball
3. Dodgeball
4. Fitness
5. Football
6. Gymnastics
7. Handball
8. Hockey
9. Invasion Games
10. Multi-Skills
11. Net and Wall games
12. Orienteering
13. Striking and Fielding
14. Table Tennis
15. Tag-Rugby
16. Tennis
17. Volleyball

Lower KS2

1. Athletics
2. Badminton
3. Basketball
4. Dodgeball
5. Fitness
6. Football
7. Gymnastics
8. Hockey
9. Netball
10. Net and Wall games
11. Orienteering
12. Striking and Fielding
13. Table Tennis
14. Tag-Rugby
15. Tennis
16. Volleyball

Upper KS2

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|---------------|---------------------------|
| 1. Athletics | 9. Netball |
| 2. Badminton | 10. Net and Wall games |
| 3. Basketball | 11. Orienteering |
| 4. Dodgeball | 12. Striking and Fielding |
| 5. Fitness | 13. Table Tennis |
| 6. Football | 14. Tag-Rugby |
| 7. Gymnastics | 15. Tennis |
| 8. Hockey | 16. Volleyball |

KS1 Weekly Topics

Sport	Weeks		
	1: Circuits	2: Running	3: Jumping
1. Athletics	4: Throwing	5: Relay	6: Olympics
2. Basketball	1: Introduction	2: Dribbling	3: Passing
	4: Shooting	5: Defending	6: Attacking
3. Dodgeball	1: Rules	2: Under Arm	3: Team Building
	4: Over Arm	5: Strategy	6: Hitting Targets
4. Fitness	1: Endurance	2: Circuits	3: Core Strength
	4: Agility	5: Fun Circuits	6: Fun Run Obstacle
5. Football	1: Control	2: Dribbling	3: Passing
	4: Shooting	5: Tackling	6: Match of the Day
6. Gymnastics	1: Travelling	2: Balancing	3: Rolls
	4: Jumping	5: Patch and Points	6: Apparatus
7. Handball	1: Gripping	2: Catching part 1	3: Catching part 2
	4: Attack + Defence	5: Shooting	6: Tournament
8. Hockey	1: Control	2: Dribbling	3: Passing
	4: Defending	5: Shooting	6: Team Games
9. Invasion Games	1: Introduction	2: Dribbling	3: Passing
	4: Receiving	5: Shooting	6: Defending
10. Multi-Skills	1: Basic Movement	2: Balancing	3: Ball Movements
	4: Rolling a Ball	5: Send & Receive	6: Underarm Throw
11. Net and Wall Games	1: Rules and Grip	2: Accuracy	3: Power
	4: Rallying	5: Games/Nets	6: Games Carousel
12. Orienteering	1: Teamwork	2: Team Building	3: Problem Solving
	4: Map Reading	5: School Grounds	6: Team Games
13. Striking and Fielding	1: Ball Control	2: Fielding	3: Bowling
	4: Batting	5: Rounders	6: Rounders Match
14. Table Tennis	1: Paddle Skills	2: Rallying	3: Rally with a Net
	4: Target Tennis	5: Team Games	6: Competition
15. Tag-Rugby	1: Introduction	2: Passing	3: Receiving
	4: Attacking	5: Defending	6: Tournament
16. Tennis	1: Introduction	2: Ball Control	3: Serving
	4: Volleying	5: Forehand	6: Rallying
17. Volleyball	1: Rules	2: Serve Shot	3: Dig Shot
	4: Set Shot	5: Smash Shot	6: Mini Matches

Lower KS2 Weekly Topics

Sport	Weeks		
1. Athletics	1: Circuits	2: Running	3: Jumping
	4: Throwing	5: Relay	6: Olympics
2. Badminton	1: Overhead Clear	2: Net Lift	3: Smash/ Net Kill
	4: Rallies	5: Games Carousel	6: Tournaments
3. Basketball	1: Introduction	2: Dribbling	3: Passing
	4: Shooting	5: Defending	6: Attacking
4. Dodgeball	1: Rules	2: Running	3: Team Building
	4: Throwing	5: Strategy	6: Balloon Ball
5. Fitness	1: Endurance	2: Circuits	3: Core Strength
	4: Agility	5: Fun Circuits	6: Obstacle Course
6. Football	1: Control	2: Dribbling	3: Passing
	4: Shooting	5: Tackling	6: Match of the Day
7. Gymnastics	1: Travelling	2: Balancing	3: Rolls
	4: Jumps	5: Patch and Points	6: Apparatus
8. Hockey	1: Control	2: Dribbling	3: Passing
	4: Defending	5: Shooting	6: Rules
9. Netball	1: Passing	2: Receiving	3: Positioning
	4: Defending	5: Shooting	6: Tournament
10. Net and Wall Games	1: Forehand	2: Backhand	3: Volley
	4: Rallying	5: Games Carousel	6: Tournament
11. Orienteering	1: Listening	2: Teamwork	3: Problem Solving
	4: Map Reading	5: School Grounds	6: Team Games
12. Striking and Fielding	1: Bowling	2: Fielding	3: Batting
	4: Game Rules	5: Mini Rounders	6: Rounders Match
13. Table Tennis	1: Paddle Skills	2: Rallying	3: Rally with a Net
	4: Target Tennis	5: Team Games	6: Competition
14. Tag-Rugby	1: Introduction	2: Passing	3: Receiving
	4: Attacking	5: Defending	6: Tournament
15. Tennis	1: Introduction	2: Forehand	3: Backhand
	4: Serving	5: Hand-Eye	6: Rallying
16. Volleyball	1: Rules	2: Serve Shot	3: Dig Shot
	4: Set Shot	5: Smash Shot	6: Mini Matches

Upper KS2 Weekly Topics

Sport	Weeks		
1. Athletics	1: Circuits	2: Running	3: Jumping
	4: Throwing	5: Relay	6: Mini Olympics
2. Badminton	1: Overhead Clear	2: Net Lift	3: Smash/ Net Kill
	4: Rallies	5: Games Carousel	6: Tournaments
3. Basketball	1: Introduction	2: Dribbling	3: Passing
	4: Turning	5: Defending	6: Shooting
4. Dodgeball	1: Rules	2: Running	3: Team Building
	4: Throwing	5: Strategy	6: Balloon Ball
5. Fitness	1: Endurance	2: Circuits	3: Core Strength
	4: Agility	5: Fun Circuits	6: Endurance Runs
6. Football	1: Control	2: Passing	3: Turning
	4: Defending	5: Attacking	6: Match of the Day
7. Gymnastics	1: Travelling	2: Balancing	3: Rolls
	4: Jumps	5: Patch and Points	6: Apparatus
8. Hockey	1: Control	2: Dribbling	3: Passing
	4: Defending	5: Shooting	6: Rules
9. Netball	1: Rules	2: Receiving	3: Shooting
	4: Defending	5: Positioning	6: Games
10. Net and Wall Games	1: Paddle Skills	2: Backhand	3: Volley
	4: Rallying	5: Games Carousel	6: Tournament
11. Orienteering	1: Listening	2: Teamwork	3: Problem Solving
	4: Map Reading	5: School Grounds	6: Team Games
12. Striking and Fielding	1: Bowling	2: Fielding	3: Batting
	4: Game Rules	5: Mini Rounders	6: Rounders Match
13. Table Tennis	1: Paddle Skills	2: Rallying	3: Rally with a Net
	4: Target Tennis	5: Doubles	6: Competition
14. Tag-Rugby	1: Introduction	2: Passing	3: Receiving
	4: Attacking	5: Defending	6: Tournament
15. Tennis	1: Introduction	2: Forehand	3: Backhand
	4: Serving	5: Volleying	6: Mini-Matches
16. Volleyball	1: Rules	2: Serve Shot	3: Dig Shot
	4: Set Shot	5: Smash Shot	6: Mini Matches