TIDBURY GREEN PRIMARY SCHOOL

Our PE Learning Journey

From first movements to confident, active participants

We develop movement, confidence and teamwork through games, dance, gymnastics and outdoor challenges. Children revisit skills, refine techniques and learn to apply them with increasing independence.

Reception foundations: First PE, jungle dance, gymnastics, multi skills, tennis, athletics and outdoor adventurous activities build balance, coordination and cooperation.

YEAR	AUTUMN	SPRING	SUMMER
1 Explore	**Ball skills & fairy tale dance** Practise footwork, control a ball and move in time to music.	**Gymnastics & multi skills** Link rolls, jumps and balances; change direction with control.	**Kwik Cricket & athletics/OAA** Begin striking and fielding; throw, run and solve partner challenges.
	Build movement control, link simple actions and cooperate in games.		
2 Develop	**Ball skills & gymnastics** Develop marking skills and perform sequences on apparatus.	**Great Fire dance & cricket** Move with expression; develop striking and fielding teamwork.	**Tennis & athletics/OAA** Explore racket skills, improve throwing and give clear instructions.
	Develop coordination, perform with control and use simple tactics.		
3 Apply	**Quicksticks & gymnastics** Begin attacking and defending; create sequences using levels.	**Invasion games & tag rugby** Use space and dodging to beat defenders in adapted games.	**Tennis & athletics/OAA** Practise forehand and backhand; develop relays and solve challenges.
	Transfer skills between sports, apply basic tactics and collaborate.		
4 Connect	**Egyptian dance & gymnastics** Perform with timing and expression; develop controlled sequences.	**Handball & netball** Use game rules and discuss tactics for attacking and defending.	**Kwik Cricket & athletics/OAA** Communicate when fielding; develop throwing and relay skills.
	Swim throughout the year, learning a range of strokes and lifesaving skills.		
5 Refine	**Netball & Roman dance** Apply attacking and defending; explore energy, speed and flow.	**Gymnastics & Quicksticks** Link skills fluently and use techniques in team games.	**Striking/fielding & athletics/OAA** Develop team tactics, improve relay timing and complete challenges.
	Refine technique, communicate effectively and combine skills with fluency.		
6 Perform	**Handball & World War 2 dance** Apply tactics, begin officiating and perform with control and fluency.	**Gymnastics & tag rugby** Compete in sequences and games; tackle Blackwell Adventure challenges.	**Netball & athletics/OAA** Agree team tactics; throw with power and complete shared challenges.
	Apply skills independently, make tactical decisions and support team success.		

THREADS THROUGH OUR JOURNEY

Movement • Personal Performance • Teamwork
Outdoor & Adventurous Activity • Tactics & Strategy

OAA means outdoor adventurous activities. Clubs, festivals and competitions extend participation.
Year 3 invasion and Year 5 striking/fielding activities are shown broadly while unit choices are finalised.