

PE at Hamer Primary School

Lead	Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Hamer	EYFS	Physical Literacy	Dance	Physical Literacy 2	Throwing, catching, sending & receiving	Sports Day activities	Gymnastics
ED Start	KS1	Gymnastics – balances, rolls and body movements	Throwing, catching, sending and receiving	Intro to racket skills	Fun and fitness	Athletics / Sports Day activities	Intro to striking and fielding
Hamer	KS1	Physical Literacy 1	Dance	Jungle yoga	Physical Literacy 2	Orienteering / Inclusive Sports	Intro to invasion games
ED Start	LKS2	Gymnastics	Invasion games 1	Health and fitness	Net and wall games 1	Invasion games 2	Striking and fielding fundamentals
Hamer	LKS2	Dance	Target sports	Orienteering / Inclusive games	Net and wall games 2	Athletics / Sports Day activities	Invasion Games 3
Swimming	LKS2	Year 4	Year 4	Year 4/3	Year 3	Year 3	Year 3
When year groups are swimming, this will constitute half of their PE entitlement. Individual sports are planned on a 2-year cycle to ensure that any sports not covered during periods of swimming will be covered the following year.							
ED Start	UKS2	Gymnastics	Dance	Net and wall games 1	Net and wall games 2	Invasion games 3	Striking and fielding 1
Hamer	UKS2	Target sports	Invasion Games 1	Orienteering / Inclusive Games	Invasion games 2	Athletics / Sports Day activities	Striking and fielding 2

Activity	Cycle A	Cycle B
Invasion Games 1	Netball	Basketball
Invasion Games 2	Football	Tag rugby
Invasion Games 3	Hockey	Handball
Net and Wall Games 1	Pickleball	Tennis
Net and Wall Games 2	Badminton	Volleyball
Striking and Fielding 1	Rounders	Danish long ball
Striking and Fielding 2	Cricket	Baseball/softball
Target Sports	Archery	Dodgeball