

Subject	Aspect	Thread	Outcomes	Year
PE	Year 1	Attack, Defend, Shoot	Lesson 1: To hit a target (plan 1)	1
PE	Year 1	Attack, Defend, Shoot	Lesson 2: To defend a target (plan 2)	1
PE	Year 1	Attack, Defend, Shoot	Lesson 3: To roll or slide a ball and beanbags (plan 3)	1
PE	Year 1	Attack, Defend, Shoot	Lesson 4: To shoot in a game to get points (plan 4)	1
PE	Year 1	Attack, Defend, Shoot	Lesson 5: To work with a partner to score points (plan 5)	1
PE	Year 1	Dance	Lesson 1: To compose travelling sequence using a variety of body parts (plan 1)	1
PE	Year 1	Dance	Lesson 2: To perform with an awareness of body shape with a partner (plan 2)	1
PE	Year 1	Dance	Lesson 3: To compose a sequence demonstrating mirroring and following (plan 3)	1
PE	Year 1	Gymnastics	Lesson 1: To perform two rolls or two jumps and link them together (plan 1)	1
PE	Year 1	Gymnastics	Lesson 2: To take off and land with some control (plan 4)	1
PE	Year 1	Hit, Catch, Run	Lesson 1: To select a space to throw or roll a ball into (plan 1)	1
PE	Year 1	Hit, Catch, Run	Lesson 2: To collect a moving ball from along the ground (plan 2)	1
PE	Year 1	Hit, Catch, Run	Lesson 3: To catch over a short distance to stop players from scoring points (plan 3)	1
PE	Year 1	Hit, Catch, Run	Lesson 4: To attempt to hit an object with the hand by self-feeding the ball (plan 4)	1
PE	Year 1	Hit, Catch, Run	Lesson 5: To show collaborative work as a team to score points (plan 6)	1
PE	Year 1	Hit, Catch, Run (Unit 2)	Lesson 1: To catch a ball over a short distance (plan 1)	1
PE	Year 1	Hit, Catch, Run (Unit 2)	Lesson 2: To begin to hit a ball with power (plan 2)	1
PE	Year 1	Hit, Catch, Run (Unit 2)	Lesson 3: To position ourselves in the path of the ball (plan 3)	1
PE	Year 1	Hit, Catch, Run (Unit 2)	Lesson 4: To field the ball to base (plan 4)	1
PE	Year 1	Hit, Catch, Run (Unit 2)	Lesson 5: To catch a high ball (plan 5)	1
PE	Year 1	Run, Jump, Throw	Lesson 1: To start and stop at speed. (plan 1)	1
PE	Year 1	Run, Jump, Throw	Lesson 2: To take off on two feet to jump for distance (plan 3)	1
PE	Year 1	Run, Jump, Throw	Lesson 3: To use correct techniques to throw different objects for distance. (plan 4)	1
PE	Year 1	Run, Jump, Throw	Lesson 4: To participate as part of a team to compete in running relays. (plan 2)	1
PE	Year 1	Run, Jump, Throw	Lesson 5: To develop agility and coordination skills to competently take part in a range of activities. (plan 5)	1
PE	Year 1	Send & Return	Lesson 1: To develop skills when moving and receiving objects over a goal line. (plan 1)	1
PE	Year 1	Send & Return	Lesson 2: To explore different ways of sending a ball (plan 2)	1
PE	Year 1	Send & Return	Lesson 3: To move into suitable positions to return the ball. (plan 3)	1
PE	Year 1	Send & Return	Lesson 4: To work with a partner to receive and send objects. (plan 4)	1
PE	Year 1	Send & Return	Lesson 5: To play in a rally with a partner. (plan 5)	1
PE	Year 1	OAA	Lesson 1: To follow simple instructions to complete a trail (plan 1)	1
PE	Year 1	OAA	Lesson 2 - To find matching symbols (plan 2)	1
PE	Year 1	OAA	Lesson 3- To copy and create a hoop dance (plan 3)	1
PE	Year 1	Gymnastics	Lesson 3: To explore ways of travelling on feet using good body tension (plan 5)	1
PE	Year 2	Attack, Defend, Shoot	Lesson 1: To kick a ball over long and short distances (plan 1)	2
PE	Year 2	Attack, Defend, Shoot	Lesson 2: To stop the ball with control using the foot (plan 2)	2
PE	Year 2	Attack, Defend, Shoot	Lesson 3: To work as a team to keep the ball (plan 3)	2
PE	Year 2	Attack, Defend, Shoot	Lesson 4: To bounce a ball whilst moving (plan 5)	2
PE	Year 2	Attack, Defend, Shoot	Lesson 5: To pass the ball forward in a game (plan 6)	2
PE	Year 2	Dance	Lesson 1: To explore whole body actions to create movements as a group and pair (plan 1)	2
PE	Year 2	Dance	Lesson 2: To create a sequence of movements for performance with starting and finishing positions (plan 2)	2
PE	Year 2	Dance	Lesson 3: To explore unison, levels and canon within choreography (plan 3)	2
PE	Year 2	Gymnastics	Lesson 1: To create a four-element sequence (plan 1)	2
PE	Year 2	Gymnastics	Lesson 2: To recognise how to create power in jumps (plan 2)	2
PE	Year 2	Gymnastics	Lesson 3: To explore and experiment with the teddy roll (plan 6)	2
PE	Year 2	Hit, Catch, Run	Lesson 1: To work as a team to field a ball back to a base (plan 1)	2
PE	Year 2	Hit, Catch, Run	Lesson 2: To defend a target by kicking (plan 2)	2
PE	Year 2	Hit, Catch, Run	Lesson 3: To bowl underarm with control (plan 3)	2
PE	Year 2	Hit, Catch, Run	Lesson 4: To throw quickly and accurately under pressure (plan 5)	2
PE	Year 2	Hit, Catch, Run	Lesson 5: To hit a ball into space, away from fielders (plan 6)	2
PE	Year 2	Hit, Catch, Run (Unit 2)	Lesson 1: To time our run around the bases to stay 'safe' (plan 1)	2
PE	Year 2	Hit, Catch, Run (Unit 2)	Lesson 2: To kick a ball into space using different parts of the foot (plan 2)	2
PE	Year 2	Hit, Catch, Run (Unit 2)	Lesson 3: To respond to how a ball is bowled when hitting (plan 3)	2
PE	Year 2	Hit, Catch, Run (Unit 2)	Lesson 4: To have understanding the role of the wicketkeeper (plan 4)	2
PE	Year 2	Hit, Catch, Run (Unit 2)	Lesson 5: To understand the role of the backstop and how it is similar to the wicketkeeper (plan 5)	2
PE	Year 2	OAA	Lesson 1: To work as a team to complete a task (plan 1)	2
PE	Year 2	OAA	Lesson 2: To copy and then create a simple movement pattern (plan 3)	2
PE	Year 2	OAA	Lesson 3: To give clues to guide a blindfolded person safely (plan 4)	2
PE	Year 2	Run, Jump, Throw	Lesson 1: To move quickly whilst being aware of others around. (plan 1)	2
PE	Year 2	Run, Jump, Throw	Lesson 2: To create power with our legs to turn at speed (plan 2)	2

PE	Year 2	Run, Jump, Throw	Lesson 3: To move through an obstacle course with speed and control. (plan 3)	2
PE	Year 2	Run, Jump, Throw	Lesson 4: To make choices about appropriate throws for different types of activity (plan 4)	2
PE	Year 2	Run, Jump, Throw	Lesson 5: To use quick feet when sprinting (plan 5)	2
PE	Year 2	Send & Return	Lesson 1: To develop accurate movement when receiving a ball. (plan 1)	2
PE	Year 2	Send & Return	Lesson 2: To send and return using dominant and non-dominant sides. (plan 2)	2
PE	Year 2	Send & Return	Lesson 3: To use throwing and catching skills to play with a team to score points. (plan 3)	2
PE	Year 2	Send & Return	Lesson 4: To develop agility in isolated challenges. (plan 4)	2
PE	Year 2	Send & Return	Lesson 5: To use the correct grip to hit a self-fed ball to a partner (plan 5)	2
PE	Year 3	Athletics	Lesson 1: To jump and hop in a sequence (plan 1)	3
PE	Year 3	Athletics	Lesson 2: To demonstrate agility when running (plan 2)	3
PE	Year 3	Athletics	Lesson 3: To jump over apparatus with control and balance (plan 3)	3
PE	Year 3	Athletics	Lesson 4: To throw a javelin using the pull throw technique (plan 4)	3
PE	Year 3	Athletics	Lesson 5: To participate in running, throwing and jumping activities (plan 6)	3
PE	Year 3	Gymnastics	Lesson 1: To perform a contrasting sequence using the floor and low apparatus (plan 1)	3
PE	Year 3	Gymnastics	Lesson 2: To create a sequence of rolls (plan 3)	3
PE	Year 3	Gymnastics	Lesson 3: To show work in unison during a sequence (plan 6)	3
PE	Year 3	Football	Lesson 1: To pass and receive the ball around the playing area. (plan 1)	3
PE	Year 3	Football	Lesson 2: To control and pass the ball unchallenged (plan 2)	3
PE	Year 3	Football	Lesson 3: To pass and receive the ball over short distances with increased accuracy (plan 3)	3
PE	Year 3	Football	Lesson 4: To recognise and use space effectively (plan 4)	3
PE	Year 3	Football	Lesson 5: To use the outside of the foot to control the ball when receiving and dribbling. (plan 5)	3
PE	Year 3	OAA	Lesson 1: To use clear communication, strength and flexibility to complete a task (plan 1)	3
PE	Year 3	OAA	Lesson 2: To work with others to complete map-reading tasks (plan 2)	3
PE	Year 3	OAA	Lesson 3: To draw and create a clear route on a map for others to follow (plan 3)	3
PE	Year 3	Rounders	Lesson 1: To retrieve and throw the ball as a fielder (plan 1)	3
PE	Year 3	Rounders	Lesson 2: To bowl with skill and some consistency. (plan 2)	3
PE	Year 3	Rounders	Lesson 3: To apply simple tactics to choose where to hit the ball (plan 3)	3
PE	Year 3	Rounders	Lesson 4: To collect and return a moving ball (plan 4)	3
PE	Year 3	Rounders	Lesson 5: To throw over longer distances using the overarm technique. (plan 5)	3
PE	Year 3	Cricket	Lesson 1: To hit a stationary ball into space using the straight drive (plan 1)	3
PE	Year 3	Cricket	Lesson 2: To bowl underarm to a batter with some consistency (plan 2)	3
PE	Year 3	Cricket	Lesson 3: To use the correct footwork to strike a bowled ball (plan 3)	3
PE	Year 3	Cricket	Lesson 4: To stop a moving ball using the long barrier technique (plan 4)	3
PE	Year 3	Cricket	Lesson 5: To throw longer distances overarm (plan 5)	3
PE	Year 3	Dance	Lesson 1: To select and apply actions to a dance phrase (plan 1)	3
PE	Year 3	Dance	Lesson 2: To use performance skills to communicate character (plan 2)	3
PE	Year 3	Dance	Lesson 3: To perform and communicate ideas as part of a group (plan 3)	3
PE	Year 3	Netball	Lesson 1: To perform quick, accurate chest passes (plan 1)	3
PE	Year 3	Netball	Lesson 2: To use dodging to get free from our opponent (plan 2)	3
PE	Year 3	Netball	Lesson 3: To catch a netball (plan 3)	3
PE	Year 3	Netball	Lesson 4: To use a bounce pass to feed the goal-shooter (plan 4)	3
PE	Year 3	Netball	Lesson 5: To throw for distance using a shoulder pass (plan 5)	3
PE	Year 4	Athletics	Lesson 1: To run and jump in a variety of ways for distance (plan 1)	4
PE	Year 4	Athletics	Lesson 2: To practice and perform running at speed (plan 2)	4
PE	Year 4	Athletics	Lesson 3: To use running to increase the distance of jumps (plan 3)	4
PE	Year 4	Athletics	Lesson 4: To begin to use sling technique for discus throw (plan 4)	4
PE	Year 4	Athletics	Lesson 5: To run on a curve and exchange a baton between team mates (Plan 5)	4
PE	Year 4	Dance	Lesson 1: To demonstrate how to link positions in a variety of ways (plan 2)	4
PE	Year 4	Dance	Lesson 2: To develop a short dance using unison and formations (plan 3)	4
PE	Year 4	Dance	Lesson 3: To sequence movements logically (plan 5)	4
PE	Year 4	Football	Lesson 1: To move towards the ball to receive it under control (plan 1)	4
PE	Year 4	Football	Lesson 2: To demonstrate two types of marking and attacking the player (plan 2)	4
PE	Year 4	Football	Lesson 3: To perform a standing tackle to dispossess an opponent. (plan 3)	4
PE	Year 4	Football	Lesson 4: To dribble showing control to progress forward (plan 4)	4
PE	Year 4	Football	Lesson 5: To effectively pass the ball over long distances. (plan 5)	4
PE	Year 4	Gymnastics	Lesson 1: To demonstrate control and body tension when taking weight on hands (plan 3)	4
PE	Year 4	Gymnastics	Lesson 2: To use co-operation skills to create a six-element sequence (plan 4)	4
PE	Year 4	Gymnastics	Lesson 3: To adapt compositional ideas to include apparatus (plan 5)	4
PE	Year 4	Hockey	Lesson 1: To perform a push pass with accuracy (plan 1)	4
PE	Year 4	Hockey	Lesson 2: To perform a straight dribble to maintain possession (plan 2)	4
PE	Year 4	Hockey	Lesson 3: To use reverse-stick to control a ball on the far side of our body (plan 3)	4

PE	Year 4	Hockey	Lesson 4: To use a slap pass to send the ball over longer distances (plan 4)	4
PE	Year 4	Hockey	Lesson 5: To turn to keep the ball under control and move into space (plan 5)	4
PE	Year 4	Netball	Lesson 1: To protect the ball once we have caught it (plan 1)	4
PE	Year 4	Netball	Lesson 2: To use basic shooting techniques in a game (plan 2)	4
PE	Year 4	Netball	Lesson 3: To mark a player one to one (plan 3)	4
PE	Year 4	Netball	Lesson 4: To pivot once we have caught the ball (plan 4)	4
PE	Year 4	Netball	Lesson 5: To use quick feet movements (plan 5)	4
PE	Year 4	OAA	Lesson 1: To name and recognise the cardinal points of the compass (plan 3)	4
PE	Year 4	OAA	Lesson 2: To complete an orienteering task calmly under time pressure (plan 4)	4
PE	Year 4	OAA	Lesson 3: To work with a partner to use a map to follow a course (plan 5)	4
PE	Year 4	Rounders	Lesson 1: To throw and catch the ball with increasing accuracy (plan 1)	4
PE	Year 4	Rounders	Lesson 2: To optimise running speed between zones (plan 2)	4
PE	Year 4	Rounders	Lesson 3: To intercept the ball using one hand when fielding (plan 3)	4
PE	Year 4	Rounders	Lesson 4: To underarm throw, abiding by the rules of bowling. (plan 4)	4
PE	Year 4	Rounders	Lesson 5: To show the position and stance of the backstop (plan 5)	4
PE	Year 5	Athletics	Lesson 1: To run as part of a relay team for speed and distance (plan 1)	5
PE	Year 5	Athletics	Lesson 2: To recognise the importance of setting a pace for longer runs (plan 2)	5
PE	Year 5	Athletics	Lesson 3: To explore combining jumping sequences (plan 3)	5
PE	Year 5	Athletics	Lesson 4: To use one or two handed push throws to aim for targets (plan 4)	5
PE	Year 5	Athletics	Lesson 5: To perform baton exchange in a given area (plan 5)	5
PE	Year 5	Dance	Lesson 1: To perform non-locomotor and locomotor movements together (plan 1 and 2)	5
PE	Year 5	Dance	Lesson 2: To perform a basic 1,2, and 4 wall line dance as a class. (plan 4)	5
PE	Year 5	Dance	Lesson 3: To combine 3 new dance steps with previously learned steps (plan 6)	5
PE	Year 5	Football	Lesson 1: To receive and change direction with the ball and turn into space (plan 1)	5
PE	Year 5	Football	Lesson 2: To travel quickly and effectively with the ball (plan 2)	5
PE	Year 5	Football	Lesson 3: To run and pass with the ball with increased accuracy. (plan 3)	5
PE	Year 5	Football	Lesson 4: To develop understanding of the importance of positioning on the pitch (plan 4)	5
PE	Year 5	Football	Lesson 5: To use skills to maintain possession (plan 5)	5
PE	Year 5	Gymnastics	Lesson 1: To complete a four-element sequence containing actions at different heights and speeds (plan1)	5
PE	Year 5	Gymnastics	Lesson 2: To explore symmetrical and asymmetrical balances and travels (plan 2 and 3)	5
PE	Year 5	Gymnastics	Lesson 3: To apply compositional ideas to counterbalances (plan 5)	5
PE	Year 5	Hockey	Lesson 1: To perform a block tackle to dispossess an attacker (plan 1)	5
PE	Year 5	Hockey	Lesson 2: To use fast, accurate passes into the D to create scoring opportunities (plan 2)	5
PE	Year 5	Hockey	Lesson 3: To mark an attacker closely to stop when from receiving the ball (plan 3)	5
PE	Year 5	Hockey	Lesson 4: To perform a sweep hit to send the ball 'first time' (plan 4)	5
PE	Year 5	Hockey	Lesson 5: To move the ball quickly from left to right to outwit a defender (plan 5)	5
PE	Year 5	Netball	Lesson 1: To choose the appropriate pass for different scenarios (plan 1)	5
PE	Year 5	Netball	Lesson 2: To find space to receive in a game (plan 2)	5
PE	Year 5	Netball	Lesson 3: To use different dodging techniques to outwit a defender and get free (plan 3)	5
PE	Year 5	Netball	Lesson 4: To practice and perform pivoting with quick turns (plan 4)	5
PE	Year 5	Netball	Lesson 5: To get into closer shooting positions (plan 5)	5
PE	Year 5	OAA	Lesson 1: To follow a designated route at maximum speed and complete a task safely (plan 2)	5
PE	Year 5	OAA	Lesson 2: To use clear communication to recreate a shape as a team (plan 4)	5
PE	Year 5	OAA	Lesson 3: o send and interpret messages using Morse code (plan 6)	5
PE	Year 5	Rounders	Lesson 1: To sprint with power and direct the ball to hit target areas (plan 1)	5
PE	Year 5	Rounders	Lesson 2: To throw for accuracy over short distances (plan 2)	5
PE	Year 5	Rounders	Lesson 3: To follow the path of a bowled ball and attempt to catch a backwards hit (plan 3)	5
PE	Year 5	Rounders	Lesson 4: To recognise and implement the backwards hit rule (plan 4)	5
PE	Year 5	Rounders	Lesson 5: To recognise where to play the shot to for effect. (plan 5)	5
PE	Year 6	Football	Lesson 1: To play as an attacker and defender also enabling others to score (plan 1)	6
PE	Year 6	Football	Lesson 2: To aim to restrict and deny space attackers have to play in (plan 2)	6
PE	Year 6	Football	Lesson 3: To attack set play routine (penalties),(plan 3)	6
PE	Year 6	Football	Lesson 4: To develop ways to improve attacking skills (plan 4)	6
PE	Year 6	Football	Lesson 5: To apply knowledge of defensive roles (plan 5)	6
PE	Year 6	Hockey	Lesson 1: To shoot under pressure from close range (plan 1)	6
PE	Year 6	Hockey	Lesson 2: To perform long corner routines as part of a team (plan 2)	6
PE	Year 6	Hockey	Lesson 3: To use goal-side marking to prevent an attacker from getting close to the goal (plan 3)	6

PE	Year 6	Hockey	Lesson 4: To use the banana run to force an oncoming attacker out wide (plan 4)	6
PE	Year 6	Hockey	Lesson 5: To use a hit out to successfully restart a game (plan 5)	6
PE	Year 6	Dance	Lesson 1: To explore space and relationships in dance (plan 2)	6
PE	Year 6	Dance	Lesson 2: To use expression when developing movement with at least 3 actions (plan 3)	6
PE	Year 6	Dance	Lesson 3: To identify appropriate dynamics and group formations for a Haka dance performance (plan 4)	6
PE	Year 6	Netball	Lesson 1: To find ways to improve coordination (plan 1)	6
PE	Year 6	Netball	Lesson 2: To mark the pass or the shot (plan 2)	6
PE	Year 6	Netball	Lesson 3: Organisation in and around the semi-circle (plan 3)	6
PE	Year 6	Netball	Lesson 4: To compete to win the rebounding ball (plan 4)	6
PE	Year 6	Netball	Lesson 5: To stay active to intercept a pass (plan 5)	6
PE	Year 6	Athletics	Lesson 1: To refine running skills to improve times (plan 1)	6
PE	Year 6	Athletics	Lesson 2: To develop the three phases for the triple jump (plan 2)	6
PE	Year 6	Athletics	Lesson 3: To throw for distance using the heave throw (plan 3)	6
PE	Year 6	Athletics	Lesson 4: To take part in partner and team running challenges (plan 4)	6
PE	Year 6	Athletics	Lesson 5: To perform the scissor jump consistently with good technique (plan 5)	6
PE	Year 6	Gymnastics	Lesson 1: To complete a six-element sequence containing flight, contrasting shapes and balances (plan 1)	6
PE	Year 6	Gymnastics	Lesson 2: To dismount from varying heights and distances whilst keeping control (plan 2)	6
PE	Year 6	Gymnastics	Lesson 3: To work collaboratively to organise equipment to create a flight sequence (plan 3)	6
PE	Year 6	OAA	Lesson 1: To work with a partner to successfully orient and follow a map (plan 1)	6
PE	Year 6	OAA	Lesson 2: To work efficiently as part of a team to complete a range of tasks (plan 4)	6
PE	Year 6	OAA	Lesson 3: To create a fun and challenging game for others to complete (plan 5)	6
PE	Year 6	Rounders	Lesson 1: To apply attacking tactical bowling to make it more difficult for the batter to hit. (plan 1)	6
PE	Year 6	Rounders	Lesson 2: To track and catch a high ball including in a competitive game (plan 2)	6
PE	Year 6	Rounders	Lesson 3: To use shot types strategically in a game (plan 3)	6
PE	Year 6	Rounders	Lesson 4: To track and retrieve the ball over a distance (plan 4)	6
PE	Year 6	Rounders	Lesson 5: To apply simple tactics to ensure all batters make it round bases (plan 5)	6