

PE

Sequencing Roadmap

# EYFS

Autumn 1 & 2  
-Fundamental movement Skills  
-Dance activities - animals

Spring 1 & 2  
-Gymnastics  
-Multi Skills

Summer 1 & 2  
-Ball Skills  
-Games

# Year 1

Autumn 1:  
-Fundamental Movement Skills  
-Multi Skills

Autumn 2  
-Dance activities – Island life  
-Functional Fitness

Spring 1  
-Gymnastics  
-Multi Sports 1

Spring 2  
-Multi Sports 2  
-Functional Fitness

# Year 2

Summer 2  
- Athletics  
- Games

Summer 1  
-Fundamental Movement  
-Multi Skills

Autumn 1  
-Fundamental Movement Skills  
-Multi Skills

Autumn 2  
-Dance – The Olympics  
-Functional Fitness

Spring 1  
-Gymnastics  
-Multi Sports 1

Spring 2  
-Multi Sports 2  
-Functional fitness

Summer 1  
-Fundamental Movement  
-Multi Skills

Summer 2  
-Athletics  
-Games

### Year 3

- Autumn 1:
- Fundamental Movement Skills
  - Multi Sports

- Autumn 2
- Dance - Space
  - Multi Skills

- Spring 1
- Gymnastics
  - Functional Fitness

- Summer 2
- Athletics
  - Games

- Summer 1
- Multi Skills
  - Invasion Games

- Spring 2
- Multi Sports
  - Fundamental Movement Skills

### Year 4

- Autumn 1
- Fundamental Movement Skills
  - Multi Sports

- Autumn 2
- Dance – Street Dance
  - Multi Skills

- Spring 1
- Gymnastics
  - Functional Fitness

- Spring 2
- Multi Sports
  - Fundamental Movement Skills

- Summer 1
- Multi Skills
  - Invasion Games

- Summer 2
- Athletics
  - Games

## Year 5

Autumn 1:  
- Hockey  
- Functional  
Fitness

Autumn 2  
- Dance –  
around the  
world  
- Basketball

Spring 1  
- Gymnastics  
- Yoga Flow

Summer 2  
- Athletics  
- Games

Summer 1  
- Football  
- OAA

Spring 2  
- Cricket  
- Rugby

## Year 6

Autumn 1  
- Invasion  
Games  
- Functional  
Fitness

Autumn 2  
- Dance -  
weather  
- Basketball

Spring 1  
- Gymnastics  
- Yoga Flow

Spring 2  
- Multi Sports  
- Netball

Summer 1  
- Football  
- OAA

Summer 2  
- Athletics  
- Games