

Lady Royd Subject Overview**Subject: Physical Education** *(Adapted from 'Beyond The Physical' SoW)*

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Move / Match / Magic	Play / Move / Explore	Explore / Evade / Escape	Search / Steal / Share	Crawl / Climb / Collect	Hands / Feet / Equipment
Year 1	Agility / Balance / Co-Ordination Look / Run / Avoid	Hands / Feet / Equipment Throw / Prepare / Catch	Fair / Share / Dare Jump / Shape / Create	Duel / Win / Lose Inspire / Create / Perform	React / Roll / Retrieve Run / Jump Throw	Send / Receive / Return Target / Control / Combine
Year 2	Agility / Balance / Co-Ordination Look / Run / Avoid	Hands / Feet / Equipment Throw / Prepare / Catch	Fair / Share / Dare Jump / Shape / Create	Duel / Win / Lose Inspire / Create / Perform	React / Roll / Retrieve Run / Jump Throw	Send / Receive / Return Target / Control / Combine
Year 3	Agility / Balance / Co-Ordination Look / Run / Avoid	Hands / Feet / Equipment Jump / Shape / Create	Duel / Win / Lose Inspire / Create / Perform	Fair / Share / Dare Pass / Position / Patience	Accuracy / Power / Distance Strike / React / Rally	React / Roll / Retrieve Run / Jump / Throw
Year 4	Look / Run / Avoid React / Roll / Retrieve Swimming	Fair / Share / Dare Hands / Feet / Equipment Swimming	Duel / Win / Lose Inspire / Create / Perform Swimming	Pass / Position / Patience Symmetry / Balance / Travel Swimming	Accuracy / Power / Distance Strike / React / Rally Swimming (additional)	Run / Jump / Throw Target / Control / Combine Swimming (additional)
Year 5	Evade / Invade / Capture Fair / Share / Dare	Block / Guard / Support Inspire / Create / Perform	Symmetry / Balance / Travel Watch / Move / Connect	Explore / Solve / Challenge Serve / Set / Slam	Aim / Strike / Retrieve Run / Jump / Throw	Lend / Move / Score Speed / Distance / Strength
Year 6	Evade / Invade / Capture Fair / Share / Dare	Block / Guard / Support Inspire / Create / Perform	Symmetry / Balance / Travel Watch / Move / Connect	Explore / Solve / Challenge Serve / Set / Slam	Aim / Strike / Retrieve Run / Jump / Throw	Lend / Move / Score Speed / Distance / Strength