The Rise PE Curriculum 2021/2022

| Year | Aut 1 | Aut 2 | Spr 1 | Spr 2 | Sum 1 | Sum 2 |
|------|-----------------------|--------------------|------------------|--------------------------------------|-------------------------|----------------------|
| Y2 | Locomotor skills - | Invasion Games | Inclusion Sports | Stability skills – mastery | Object control skills – | Athletics – Throwing |
| | mastery in isolation | - Capture the flag | - Boccia | in isolation | mastery in isolation | events |
| | - Walking | - Pacman | - Table Cricket | Dance & Gymnastics | - Throwing | - Discus |
| | - Running | - Bulldog | - Kurling | Agility, balance | - Catching | - Hammer |
| | - Jumping | - Red Light | - Polybat | and coordination | - Kicking | - Javelin |
| | - Hopping | - | - | | | - Shot Putt |
| | - Skipping | | | | | |
| | | | | | | |
| Y3 | Locomotor skills - | Invasion Games | Inclusion Sports | Stability skills – mastery | Object control skills – | Athletics – Throwing |
| | mastery in isolation | - Capture the flag | - Boccia | in isolation | mastery in isolation | events |
| | - Walking | - Pacman | - Table Cricket | Dance & Gymnastics | - Throwing | - Discus |
| | - Running | - Bulldog | - Kurling | - Agility, balance | - Catching | - Hammer |
| | - Jumping | - Red Light | - Polybat | and coordination | - Kicking | - Javelin |
| | - Hopping | | . 5.7220 | | | - Shot Putt |
| | - Skipping | | | | | |
| | | | | | | |
| Y4 | Locomotor skills - | Invasion Games | Inclusion Sports | Stability skills – mastery | Object control skills – | Athletics – Throwing |
| | mastery within small- | - Capture the flag | - Boccia | within small-sided | mastery within small- | events |
| | sided games | - Pacman | - Table Cricket | games | sided games | - Discus |
| | - Walking | - Bulldog | - Kurling | Dance & Gymnastics | - Throwing | - Hammer |
| | - Running | - Red Light | - Polybat | - Agility, balance | - Catching | - Javelin |
| | - Jumping | | | and coordination | - Kicking | - Shot Putt |
| | - Hopping | | | - Body rolling | - Striking | |
| | - Skipping | | | - Bending | - Rolling | |
| | - Galloping | | | - Twisting | - Dribbling | |
| | - Side-sliding | | | - Landing | - Collecting | |
| | | | | | | |

| Y5 | - Leaping - Bounding - Dodging Locomotor skills - mastery within small-sided games - Walking - Running - Jumping - Hopping - Skipping - Galloping - Side-sliding - Leaping - Bounding - Dodging | Invasion Games - Capture the flag - Pacman - Bulldog - Red Light | Inclusion Sports - Boccia - Table Cricket - Kurling - Polybat | - Rotation - Turning - Stretching Stability skills – mastery within small-sided games Dance & Gymnastics - Agility, balance and coordination - Body rolling - Bending - Twisting - Landing - Rotation - Turning - Stretching - | Object control skills – mastery within small- sided games - Throwing - Catching - Kicking - Striking - Rolling - Dribbling - Collecting | Athletics – Throwing events - Discus - Hammer - Javelin - Shot Putt |
|----|--|--|--|---|--|--|
| Y6 | Hockey - Stick safety - Stick handling - Passing - Dribbling - Shooting | Football - Ball familiarity - Ball Control - Sending - Receiving - Shooting | Volleyball - Serve - Bump - Set - Spike - Matchplay | Table Tennis - Paddle handling - Serve - Forehand - Backhand | Object control skills – mastery within small- sided games - Throwing - Catching - Kicking - Striking - Rolling - Dribbling - Collecting - | Athletics – Throwing events - Discus - Hammer - Javelin - Shot Putt |