

PE Matrix

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Target Games	Ball Skills	Gymnastics	Dance	Invasion	Striking and Fielding
	Dance	Fundamentals	Sending and Receiving	Net and Wall (Tennis)	Team Building	Athletics
Links	Cross Country				School Games Day	Sports Day
2	Ball Skills (Coach)	Target Games	Gymnastics	Fitness	Dance	Striking and Fielding
	Dance	Fundamentals	Invasion	Net and Wall	Team Building	Athletics
Links	Cross Country				School Games Day	Sports Day
3	Gymnastics	Fundamentals	Hockey	Dance	Tennis	Cricket
	Invasion games (Rugby)	Ball Skills	Dance (Coach)	Dodgeball	OAA	Athletics
Links	Cross Country			Dance Festival	School Games Day Fun Run	Sports Day Athletics
4	Invasion Games (Football)	Gymnastics	Dance	Fitness	Tennis	Athletics
	Swimming	Swimming	Swimming	Swimming	Swimming	Swimming
Links	Cross Country				School Games Day Cricket comp Fun Run	Sports Day Athletics
5	Hockey	Dance	Fitness	Handball	OAA	Athletics
	Rugby (Coach)	Gymnastics	Dance	Dodgeball	Tennis	Cricket
Links	Rugby tournament Cross Country		Swimming Gala		School Games Day Cricket competition Fun Run	Sports Day Athletics
6	Gymnastics	Dance	Hockey	Fitness	Cricket	Athletics
	Volleyball	Netball	Dance	Gymnastics	Football	Striking and Fielding (Cricket)
Links	Cross Country Residential – Keswick		Swimming Gala		School games day Cricket competition	Sports Day Athletics

					Fun Run	
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