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|  | **F1** | **F2** | **Year 1** | **Year 2** | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| Autumn 1 | Introduction to PEFair, Share, Dare | Fair, Share Dare | Fair Share Dare.Inspire, Create, Perform | Fair Dare, Share.Strike, React, Rally | Outdoor Ed.Fair, Share, Dare. | Outdoor Ed.Fair, Share, Dare. | Solve, Explore, Challenge.Fair, Share, Dare. | Solve, Explore, Challenge.Fair, Share, Dare. |
| Autumn 2 | Over, Under, Through. | Over, Under, Through | Move, Balance, Land | Move, Balance, Land | Move, Balance, Land | Move, Balance, Land | Recognise, Select, Combine. | Recognise, Select, Combine. |
| Spring 1 | Look, Run, Avoid | Look, Run, Avoid | Duel, Win, Lose | Look, Run, Avoid | Duel, Win, Lose.Look, Run, Avoid. | Inspire, Create, Perform | Block, Guard, Support.Lend Move Score. | Block, Guard, Support.Lend Move Score. |
| Spring 2 | Freeze, Choose, Invent | Freeze, Choose, Invent | Look, Run, Avoid | Duel, Win, Lose | Strike, React, Rally | Strike, React, Rally | Aim, Strike, Retrieve | Watch, Move, Connect.Aim, Strike, Retrieve. |
| Summer 1 | Duel Win, Lose | Duel, Win, Lose | Run, Jump, Throw | Inspire, Create, Perform | Inspire, Create, Perform | Duel, Win, Lose.Look, Run, Avoid | Watch, Move, Connect. | Inspire, Create, Perform |
| Summer 2 | Push, Throw, Kick | Push, Throw, Kick | Strike, React, Rally | Run, Jump, Throw | Run, Jump, Throw | Run, Jump, Throw | Run, Jump, Throw | Run, Jump, Throw |