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| Reception / Foundation |
|  | **Autumn 1****5th Sept – 21st Oct** **(7)** | **Autumn 2****31st Oct – 16th Dec** **(7)** | **Spring 1****4th Jan -10th Feb** **(6)** | **Spring 2****20th Feb – 31st Mar (6)** | **Summer 1****17th Apr – 26th May (6)** | **Summer 2****5th June – 25th Jul****(7)** |
| **Lesson 1****Teacher / outside instructor****1.05pm – 1.50pm** | BASIC MOVEMENTS | THROWING & CATCHING | **HALL**DANCE **Vicky**Perform dances using simple movement patters | **HALL**Get set 4 PE Year 1 GYMNASTICS | **\*\*WEDNESDAY\*\***TEAM GAMES /THROWING & CATCHING* Cricket
* Throwing
* Catching
 | OUTDOOR ACTIVITY**Forest School**0930-230pm JUNE MON 5th, 12th, 19th,26thJULY 3rd, 10th |
| **Lesson 2****FRIDAY****Coach Nikki****1.50pm – 2.35pm** | BASIC MOVEMENTS* Running / Jumping

Change of * Movements
* Directions
* Speed
 | THROWING & CATCHING* Throwing
* Catching
* ATHLETICS
 | **HALL**GYMNASTICS* A Agility
* B Balance
* C Co ordination
 | BASIC MOVEMENTS* Throwing
* Catching

Kidnetics | TEAM GAMESSimple tactics* Attack
* Defend

Adapted minor games | SPORTS DAY PRACTISEObstacle RaceSack RaceSprintRelays |



 RECEPTION / FOUNDATION

 YEARLY PE PLAN 2022/23

NATIONAL CURRICULUM

* BASIC MOVEMENTS Running, jumping, throwing, catching

 Agility, Balance, Co-ordination

* TEAM GAMES Simple tactics – Attack & defend
* DANCE Simple movement patterns

CLASS 1 Year 2/3

YEARLY PE PLAN 2022/23

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| Class 1 Year 2/3 |
|  | **Autumn 1****5th Sept – 21st Oct** **(7)** | **Autumn 2****31st Oct – 16th Dec** **(7)** | **Spring 1****4th Jan -10th Feb** **(6)** | **Spring 2****20th Feb – 31st Mar (6)** | **Summer 1****17th Apr – 26th May (6)** | **Summer 2****5th June – 25th Jul****(7)** |
| **Lesson 1****Teacher / outside instructor****2.35 – 3.20pm** | BASIC MOVEMENTS | ATHLETICS | **HALL**DANCE**Vicky**Perform dances using simple movement patters | **HALL**Get set 4 PE Year 2/3GYMNASTICS | **\*\*WEDNESDAY\*\***TEAM GAMES /THROWING & CATCHING**Chance to shine*** Cricket
* Throwing
* Catching
 | OUTDOOR ACTIVITY**\*\*TUESDAY\*\***Forest School0930-230pm 6th,13th,20th |
| **Lesson 2****FRIDAY****Coach Nikki****1.05pm – 1.50pm** | BASIC MOVEMENTS* Running / Jumping

Change of * Movements
* Directions
* Speed

Sequences Ball skills Throwing & catching | ATHLETICSDevelop skills & Personal bests recorded Javelin, chest push, discus, STANDINGlong jump, triple jump, high jumpINTRA COMP | **HALL**GYMNASTICS* A Agility
* B Balance
* C Co ordination

Travelling, rolling, balancing jumping | TEAM GAMES / STRIKING & FIELDINGAdapted minor games based aroundRounders, cricket & hockeyINTRA COMPs | TEAM GAMES / STRIKING & FIELDINGAdapted minor games based aroundRounders, cricket & hockeyINTRA COMPs | SPORTS DAY PRACTISEObstacle RaceSack RaceSprintRelays |

NATIONAL CURRICULUM

* BASIC MOVEMENTS Running, jumping, throwing, catching & in sequence / Personal best / Agility, Balance, Co-ordination
* TEAM GAMES / STRIKING & FIELDING Simple tactics – Attack & defend / competitions
* ATHLETICS & GYMNASTICS Develop - Flexibility, strength, technique, control & balance
* DANCE Simple movement patterns
* OUTDOOR ACTIVITY Forrest school

CLASS 2 Year 4/5/6

YEARLY PE PLAN 2022/23

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| Class 2 Year 4/5/6 |
|  | **Autumn 1****5th Sept – 21st Oct** **(7)** | **Autumn 2****31st Oct – 16th Dec** **(7)** | **Spring 1****4th Jan -10th Feb** **(6)** | **Spring 2****20th Feb – 31st Mar (6)** | **Summer 1****17th Apr – 26th May (6)** | **Summer 2****5th June – 25th Jul****(7)** |
| **Lesson 1****Teacher / outside instructor****1.50pm – 2.35pm** | INVASION GAMES | ATHLETICS | STRIKING & FIELDINGYear 6 striking & fielding unit pack **HALL**DANCE **Vicky**Perform dances using simple movement patters | Y6 Bikeability**HALL**Get set 4 PE Year 4-6GYMNASTICS | **\*\*TUESDAY\*\*** SWIMMING**\*\*WEDNESDAY\*\***TEAM GAMES /THROWING & CATCHING**Chance to shine*** Cricket
* Throwing
* Catching
 | **\*\*TUESDAY\*\***SWIMMING**\*\*WEDNESDAY\*\***OUTDOOR ACTIVITYForest School0930-230pm 7th,14th,21st |
| **Lesson 2****FRIDAY****Coach Nikki****2.35 – 3.20pm** | SPORTS LEADERS TRAINING* Train volunteers

Others in class to be students | ATHLETICSDevelop skills & Personal bests recorded Javelin, chest push, discus, STANDINGlong jump, triple jump, high jumpINTRA COMP | **HALL**GYMNASTICS* A Agility
* B Balance
* C Co ordination

Travelling, rolling, balancing jumping | TEAM GAMES / STRIKING & FIELDING / COMPSMinor games based aroundRounders, cricket & hockeyINTRA COMP | TEAM GAMES / BALL GAMES / COMPSFootball, Tag rugby, Basketball, dodgeballINTRA COMP | SPORTS DAY PRACTISEObstacle RaceSack RaceSprintRelaysOrienteeringINTRA COMP |

NATIONAL CURRICULUM

* BASIC MOVEMENTS Running, jumping, throwing, catching & in sequence / Personal best / Agility, Balance, Co-ordination
* TEAM GAMES / STRIKING & FIELDING Simple tactics – Attack & defend / competitions
* ATHLETICS & GYMNASTICS Develop - Flexibility, strength, technique, control & balance
* DANCE Simple movement patterns
* OUTDOOR ACTIVITY Forrest school