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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,26th  JULY 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 GAMES  Simple tactics   * Attack * Defend   Adapted minor games | SPORTS DAY PRACTISE  Obstacle Race  Sack Race  Sprint  Relays |



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 2/3  GYMNASTICS | **\*\*WEDNESDAY\*\***  TEAM GAMES /  THROWING & CATCHING  **Chance to shine**   * Cricket * Throwing * Catching | OUTDOOR  ACTIVITY  **\*\*TUESDAY\*\***  Forest School  0930-230pm  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 | ATHLETICS  Develop skills &  Personal bests recorded Javelin, chest push, discus, STANDING  long jump, triple jump, high jump  INTRA COMP | **HALL**  GYMNASTICS   * A Agility * B Balance * C Co ordination   Travelling, rolling, balancing jumping | TEAM GAMES / STRIKING & FIELDING  Adapted minor games based around  Rounders, cricket & hockey  INTRA COMPs | TEAM GAMES / STRIKING & FIELDING  Adapted minor games based around  Rounders, cricket & hockey  INTRA COMPs | SPORTS DAY PRACTISE  Obstacle Race  Sack Race  Sprint  Relays |

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 & FIELDING  Year 6 striking & fielding unit pack **HALL**  DANCE **Vicky**  Perform dances using simple movement patters | Y6 Bikeability  **HALL**  Get set 4 PE Year 4-6  GYMNASTICS | **\*\*TUESDAY\*\***  SWIMMING  **\*\*WEDNESDAY\*\***  TEAM GAMES /  THROWING & CATCHING  **Chance to shine**   * Cricket * Throwing * Catching | **\*\*TUESDAY\*\***  SWIMMING  **\*\*WEDNESDAY\*\***  OUTDOOR  ACTIVITY  Forest School  0930-230pm  7th,14th,21st |
| **Lesson 2**  **FRIDAY**  **Coach Nikki**  **2.35 – 3.20pm** | SPORTS LEADERS TRAINING   * Train volunteers   Others in class to be students | ATHLETICS  Develop skills &  Personal bests recorded Javelin, chest push, discus, STANDING  long jump, triple jump, high jump  INTRA COMP | **HALL**  GYMNASTICS   * A Agility * B Balance * C Co ordination   Travelling, rolling, balancing jumping | TEAM GAMES / STRIKING & FIELDING / COMPS  Minor games based around  Rounders, cricket & hockey  INTRA COMP | TEAM GAMES / BALL GAMES / COMPS  Football, Tag rugby, Basketball, dodgeball  INTRA COMP | SPORTS DAY PRACTISE  Obstacle Race  Sack Race  Sprint  Relays  Orienteering  INTRA 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