

PE

Children participate in two high-quality PE lessons a week covering two different aspects of the National Curriculum each half term.

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	1 session PE Fundamentals	iexercise	imove	ipractise	icommunicate	ithink	icreate
		Animal explorers	Off to the zoo	Pirate Adventure	Fun at the circus	Dino Movers	Space cadets
		Seated balance. Standing balance and dynamic balance	Footwork patterns and spatial awareness	Footwork and agility	Balance, agility and object manipulation	Object manipulation and control while travelling	Object manipulation and control
	Many opportunities planned for gross motor skills during CIL						
Year 1	1 session PE Fundamentals	iexercise	imove	ipractise	icommunicate	icreate	ithink
		Jungle	Pirates	Machines	Playtime	Funfair	Wild West
		Core strength and balance	Locomotion, travelling and agility	Running, jumping and landing and skipping	Balance and counter balance, agility and footwork and object manipulation	Balance, footwork patterns and object manipulation	Co-ordination, object manipulation and control
	1 session Creative	Gymnastics	Dance	Yoga	Gymnastics	Dance	Pilates
Year 2	1 session PE Fundamentals	iexercise	imove	ipractise	icommunicate	icreate	ithink
		Workout World	Combat zone	Sporting Best	Ball Crazy	Skill Showdown	Game changers
		Core strength and balance	Locomotion and travelling - strength and balance	Running, jumping and landing and skipping	Object manipulation	Balance, agility, reaction and response	Footwork patterns, co-ordination, object manipulation and control
	1 session Creative	Gymnastics	Dance	Yoga	Dance	Gymnastics	Pilates

Year 3	1 session PE Fundamentals	imove	ipractise	Swimming	icreate	ithink	ixercise
		Agility and fitness	Co-ordination, strength and balance	Strength & balance - core & posture Co-ordination - leg kick & arm pull	Strength & balance floorwork. Locomotion - balance on a line	Communication/ manipulation. Ball skills Strength & balance - seated balance	Strength & balance. Posture, agility & fitness. Equipment tracking and manipulation
	2nd session	Health & Fitness	Gymnastics	Dance	Swimming	Orienteering	Athletics
Year 4	1 session PE Fundamentals	imove	ipractise	icommunicate	icreate	ithink	ixercise
		Tri-golf	Quicksticks	Strength & balance, Counter balance with a partner. Co-ordination. Send and receive	Locomotion - balance on a line. Strength & balance - one leg balance	Agility & fitness. Equipment tracking. Strength & balance - seated balance	Agility & Fitness - jumping and landing. Strength & balance - posture
	2nd session	Swimming	Swimming	Dance	Orienteering	Gymnastics	Athletics
Year 5	1 session PE Fundamentals	ipractise	icommunicate	icreate	ithink	ixercise	imove
		Passing, spatial awareness, footwork and teamwork		Co-ordination/ manipulation - ball skills. Strength & balance - seated balance	Co-ordination, footwork patterns. Strength & balance - one leg balances	Strength & Balance, floorwork & posture	Agility & fitness - reaction & response. Jumping & Landing
	2nd session	Gymnastics	Pilates	Combat dance	Tag Rugby	Cricket/Rounders	Athletics 1
Year 6	1 session PE Fundamentals	ipractise	icommunicate	icreate	ithink	ixercise	imove
		Dribbling, Passing, Shooting and Game Play	Cardio fitness and develop muscular strength	Strength & balance - seated balance & floorwork	Strength & balance - one leg balance, co-ordination & footwork	Agility & fitness - equipment tracking. Strength & balance - posture	Agility & fitness - jumping and landing. Locomotion - balance on a line
	2nd session	Gymnastics	Quicksticks	Dance	Tag Rugby	Swimming	Cricket/Rounders