



|         | Autumn 1                                                                                 |                             | Autumn 2                                                   |                             | Spring 1                                                                               | Spring 2                                                                               | Summer 1                                                               | Summer 2                                                         |
|---------|------------------------------------------------------------------------------------------|-----------------------------|------------------------------------------------------------|-----------------------------|----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------|------------------------------------------------------------------|
| Class 1 | Basic movement<br>Agility, balance & co-ordination                                       |                             | Basic movements<br>Hopping, skipping, jumping, leaping etc |                             | Balls skills – throwing and aiming (underarm)                                          | Balls skills – throwing and catching (range of throws)<br>Attacking & defending        | Moving with an object<br>Simple invasion games – attacking & defending | Sports Day activities – improving performance and personal bests |
|         | Pirate Dance                                                                             |                             | Gymnastics<br>Rocking & Rolling                            |                             | Gymnastics – Shape<br>Wide, Narrow, Curled                                             | Country Dancing                                                                        | May Dancing                                                            | Skills & agility                                                 |
| Class 2 | Football Skills<br>Dribbling with the ball, attacking & defending.<br>Small-sided games. |                             | Skipping skills<br>Agility, balance, co-ordination.        |                             | Netball skills<br>Throwing and catching<br>Attacking & defending<br>Small-sided games. | Netball skills<br>Throwing and catching<br>Attacking & defending<br>Small-sided games. | Tennis skills                                                          | Athletics – Sports Day activities<br>Personal bests              |
|         | African Tribal Dance                                                                     |                             | Gymnastics<br>Pathways                                     |                             | China Dance                                                                            | Gymnastics<br>Linking Movements                                                        | May Dancing                                                            | Skills & agility                                                 |
| Class 3 | Tag Rugby                                                                                |                             | Tag Rugby                                                  | Netball/<br>Basket ball     | Netball/<br>Basket ball                                                                | Tennis                                                                                 | Tennis                                                                 | Rounders                                                         |
|         | Yr3<br>Strength and Fitness                                                              | Yr 4<br>Swim                | Yr3<br>Strength and Fitness                                | Yr 4<br>Swim                | Gymnastics<br>Balance                                                                  | Gymnastics<br>Rolling                                                                  | Street Dance                                                           | Athletics                                                        |
| Class 4 | Tag Rugby                                                                                |                             | Tag Rugby                                                  | Netball/<br>Basket ball     | Netball/<br>Basket ball                                                                | Tennis                                                                                 | Tennis                                                                 | Rounders                                                         |
|         | Yr 5<br>Swim                                                                             | Yr6<br>Strength and Fitness | Yr 5<br>Swim                                               | Yr6<br>Strength and Fitness | Gymnastics<br>Counter-balance &<br>Counter-tension                                     | 80's Dance                                                                             | Country Dance                                                          | Athletics                                                        |

We are a Golden Mile school and alongside the PE lessons children have, we make opportunities to take them out to run for further fitness and improve their personal best.

