



## PE CYCLE A

### Other Activities

Swimming – All of KS 2 across the Year. OAA covered by Forest Schools for KS 1 & LKS2

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
EYFS/KS1	Physical literacy & fundamentals  Running & Jumping Throwing & catching	Gymnastics; core skills, balance, agility & co-ordination	Gymnastics (sequences & 'Key Steps') Dance (moods and feelings)	Dance (moods and feelings) Indoor Athletics; run, jump, throw	Striking and Fielding – striking with a bat & small ball skills	Fundamentals of athletics - linked to Sports Day preparation

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
LKS2	Distance running activities – linked to Cross-Country Invasion Games – focus – Football skills & small-sided games	Invasion Games skills – focus Hockey skills and small-sided games	Gymnastics – apparatus & paired sequences	Invasion Games – focus Benchball/Hoopball	Striking and Fielding – focus – T-Ball and Kwik Cricket	Athletics – linked to Sports Day OAA/Team building activities

Dance will be covered

for Year 3/4

By the class teacher

(CLUSTER Event)

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
UKS2	Distance running activities – linked to Cross-Country Invasion Games – focus – Football/Tag Rugby	Invasion Games skills – focus Hockey skills and small-sided games	Gymnastics – apparatus & group sequences Dance (moods and feelings)	Invasion Games – focus - High 5/Netball	Striking and Fielding – focus – Rounders and Kwik Cricket	Athletics – linked to Sports Day OAA linked to Residential



## PE CYCLE B - CHARANGA

**Other Activities** Swimming – All of KS 2 across the Year. OAA covered by Forest Schools for KS 1 & LKS2

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>EYFS/KS1</b>	Physical literacy & fundamentals  Running & Jumping Throwing & catching	Gymnastics; core skills, balance, agility & co-ordination	Gymnastics (sequences & 'Key Steps') Dance (moods and feelings)	Dance (moods and feelings) Indoor Athletics; run, jump, throw	Striking and Fielding – striking with a bat & small ball skills	Fundamentals of athletics - linked to Sports Day preparation

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>LKS2</b>	Distance running activities – linked to Cross-Country Invasion Games – focus – Football skills & small-sided games	Invasion Games skills – focus Hockey skills and small-sided games	Gymnastics – apparatus & paired sequences	Invasion Games – focus Benchball/Hoopball	Striking and Fielding – focus – T-Ball and Kwik Cricket	Athletics – linked to Sports Day OAA/Team building activities

Dance will be covered

for Year 3/4

By the class teacher

(CLUSTER Event)

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>UKS2</b>	Distance running activities – linked to Cross-Country Invasion Games – focus – Football/Tag Rugby	Invasion Games skills – focus Hockey skills and small-sided games	Gymnastics – apparatus & group sequences Dance (moods and feelings)	Invasion Games – focus - High 5/Netball	Striking and Fielding – focus – Rounders and Kwik Cricket	Athletics – linked to Sports Day OAA linked to Residential