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| CLASS | YEAR | AUTUMN  PE | AUTUMN  PE | SPRING 1  PE | SPRING 2  PE | SUMMER 1  PE | SUMMER 2  P |
| BLUEBELLS  Rec/ Yr 1 | A | Fundamental Skills  Catching and throwing | Fundamental Skills – Catching, throwing and agility | Dance – Combine movement with music  Linking two or more actions | Small sided team games using the fundamental skills gained. | Athletics – Explore running techniques for sprints and distance running.  Using a relay baton (track events) | Athletics – Throwing and jumping techniques (field events)  Sports Day |
| DAFFOLDILS  Yr 2/3 | A | Fundamental Skills  Catching, throwing and agility | TAG Rugby  Learn the rules  Use of TAG belts  Running with the ball  Scoring | Dance – Combine movement and music. Link movements to create a sequence | Kwick Sticks Hockey.  Basic rules of the game.  Holding a stick and the correct grip for dribbling, passing and shooting | Athletics – Running techniques and introduce small hurdles. | Athletics – Throwing and jumping. Introducing Standing Triple Jump and Vertical Jump. |
| ROSES  Yr 4/5 | A | Fitness (SAQ) – Improving speed, agility and quickness in preparation for team games.  TAG Rugby – Movement with the ball, dodging and tactics. | TAG Rugby – Intra class competition | Swimming  Water confidence  ( safely getting in and out, face in water, feet off bottom)  Beginner swimming 5 – 15 metres ( push and glide, body positioning  Stroke improvement  ( 4 strokes)  treading water )  Water safety ( safety in warm and cold water, straddle entry and diving) | Dance – Copy and remember moves  Create plan and deliver a dance specific to a theme | Cricket -Striking and running (how to score).  Fielding, catching and throwing.  Bowling techniques | Athletics – Track events. Correct running styles for sprinting and distance races, to include relays and working as a team. Handover techniques.  Field events. Correct jumping and throwing techniques for preparation for Sports Day. |
| SHAMROCKS  Yr 5/6 |  | Fitness (SAQ) – Improving speed, agility and quickness in preparation for team games.  TAG Rugby – Movement with the ball, dodging and tactics. | TAG Rugby – Intra class competition | Dance – Copy and remember moves.  Create plan and deliver a dance specific to a theme | Swimming - Beginner swimming 5 – 15 metres ( push and glide, body positioning  Stroke improvement  ( 4 strokes)  treading water )  Water safety ( safety in warm and cold water, straddle entry and diving) | Cricket -Striking and running (how to score).  Fielding, catching and throwing.  Bowling techniques. | Athletics – Track events. Correct running styles for sprinting and distance races, to include relays and working as a team. Handover techniques.  Field events. Correct jumping and throwing techniques in  preparation for Sports Day.  Sports Leadership Training.  Guiding the class in safe delivery of school sport to K/S1. |