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| CLASS | YEAR | AUTUMN PE | AUTUMN PE | SPRING 1PE | SPRING 2PE | SUMMER 1PE | SUMMER 2P |
| BLUEBELLS Rec/ Yr 1  | A | Fundamental SkillsCatching and throwing | Fundamental Skills – Catching, throwing and agility | Dance – Combine movement with musicLinking 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 SkillsCatching, throwing and agility | TAG RugbyLearn the rulesUse of TAG beltsRunning with the ballScoring | 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. |
| ROSESYr 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 | SwimmingWater confidence ( safely getting in and out, face in water, feet off bottom)Beginner swimming 5 – 15 metres ( push and glide, body positioningStroke improvement ( 4 strokes) treading water )Water safety ( safety in warm and cold water, straddle entry and diving)  | Dance – Copy and remember movesCreate 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. |
| SHAMROCKSYr 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 positioningStroke 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 inpreparation for Sports Day.Sports Leadership Training.Guiding the class in safe delivery of school sport to K/S1. |