

PE

Reception

- Following foundation stage milestones
 - Jump 2 feet together from a low step
 - Stand on tip toe (for 3-5 seconds)
 - Stands on alternate leg
 - Hops on preferred foot
 - Pedals a trike
 - Walking in different directions

From years 1-6 we follow the PESSCL (Physical Education, school sport and club links) scheme of work.

Children take part in 7 different areas of PE throughout the curriculum year. The programme is designed to build on Physical Literacy and is later applied using competitive games.

Year 1

- Ten Point Hoops (Games)
- Making shapes (Gymnastics)
- Multi skills (focusing on Agility, Balance and co-ordination)
- Moving along (Dance)
- Honey Pot (Athletics)

Year 2

- Piggy in the middle (Games)
- Cat Dance (Dance)
- Multi skills (focusing on Agility, Balance and co-ordination)
- Families of Actions (Gymnastics)
- Colour Match (Athletics)

Year 3

- Touch Ball (Games)
- Run the Loop games (Games)
- Balancing act Gymnastics)
- Around the clock (Dance)
- On the attack (Games)
- Pass the baton (Athletics)
- Ship Wreck (outdoor adventure)
- Swimming

- Furthest 5 (Athletics)

Year 4

- Swimming
- Partner Work (Gymnastics)
- Indian Delights (Dance)
- On the Attack (Games)
- Long and thin, short and fat (Games)
- Pass the Baton (Athletics)
- Search and Rescue (Outdoor adventure)
- Take Aim (Athletics)
- Furthest 5 (Athletics)
- Run the Loop (Games)

Year 5

- Calling the shots (Netball/Basketball/ football/tag rugby)
- Acrobatic gymnastics (Gymnastics)
- Making the Grade (Dance)
- Swimming
- Multi skills (focusing on Agility, Balance and co-ordination)
- Long and thin, short and fat (Games)
- Take Aim (Athletics)
- Three Jump Challenge (Athletics)
- Run the Loop (Games)

Year 6

- Calling the Shots (Hockey/ Netball/Basketball/ football/tag rugby)
- Multi skills (focusing on Agility, Balance and co-ordination)
- Group dynamics (Gymnastics)
- Double Take (Gymnastics)
- Do it in style (Dance)
- Long and thin, short and fat (Games)
- Take Aim (Athletics)
- Three jump challenge (Athletics)
- Run the loop (Games)
- Crystal Star Challenge (Outdoor adventure)