



	1	2	3	4	5	6
Reception	Games Dance (DS)	Dance	Bat and Ball skills Multi skills	Yoga (DS) Spatial Awareness and FMS	Yoga (DS)	Athletics Dance
Year 1	Ball skills Dance (DS)	Gymnastics	Multiskills	Yoga (DS) Dribbling, Kicking, Hitting (relating to Hockey skills)	Throwing and Catching Yoga (DS)	Athletics Dance
Year 2	Ball skills Dance (DS)	Gymnastics	Multiskills Bat and Ball skills	Yoga (DS) Games	Athletics Yoga (DS) Swimming	Athletics Dance
Cl 3 (Year 3/Year 4)	Invasion Games (Football)	Multiskills	Net and Wall short tennis Cheerleading (DS)	Invasion Games (Hockey) Swimming	Athletics	OAA Street Dance (DS)
Cl 5 (Year 4/Year 5)	Invasion games (Netball) Swimming	Swimming Gymnastics	Multiskills	Athletics Invasion (Hockey)	Athletics Yoga (DS)	Street Dance (DS) Striking and Fielding (Roulers)
Cl 6 (Year 5/6)	Invasion Games (Football) Swimming	Athletics Swimming	Cheer Leading (DS) Yoga	Striking and Fielding (Roulers)	Athletics OAA	Striking and Fielding (Cricket) Swimming (Top up)

All children throughout the school receive two hours of PE each week.

Areas highlighted in yellow are coaches from JB Sports.

All aspects of PE will also include the following areas: Physical, Personal, Cognitive and Health.

Physical: Looking at fundamental movement skills throughout a range of activities.

Personal: Children will be able look at their own goals and performance. They will develop their communication and listening skills throughout the various activities.

Cognitive: Looking at children being able to analyse and assess what they have done and how they can improve. Also being able to compete in games within a team.

Health: Children will understand how physical activity makes them feel and the positive impact that it has on their health and well-being, not only physical but emotionally as well.