

	1	2	3	4	5	6
Seahorses Reception	Games	Dance	Bat and Ball skills Multi skills	Spatial Awareness and FMS	Sending and Receiving Yoga (30min DS)	Athletics Yoga (30min DS)
Starfish Y1	Football Skills Multi Skills	Gymnastics Yoga (30min DS)	Bat and Ball Skills Multiskills	Dribbling, Kicking, Hitting (Hockey skills) Dance (DS)	Throwing and Catching Yoga (30min DS)	Athletics Dance
Penguins Year 2/3	Football Skills Multi Skills	Gymnastics Yoga (30min DS)	Multiskills Boxercise (30min)	Games Dance (DS)	Athletics Yoga (30min DS)	Athletics Bat and Ball Skills (rounders)
Seals Year 3/ 4	Invasion Games (Football/ Tag Rugby) Zumba (DS)	Gymnastics - Multiskills Yoga (30min DS)	Net and Wall - (Volleyball) Boxercise (30min)	Invasion - Basketball Dance	Striking and Fielding - Tri Golf Athletics	OAA Athletics Yoga (30min DS)
Tiger Sharks Year 4/5	Invasion games (Tag Rugby) Healthy Lifestyles Zumba (DS)	Gymnastics Healthy Lifestyles Yoga (30min DS)	Net and Wall - (Volleyball) Boxercise (30min) Swimming	Invasion - Basketball Swimming (Top up)	Striking and Fielding Tri Golf Multi Skills	Athletics Yoga (30min DS)
Blue Whales Year 5/6	Invasion games (Tag Rugby) Healthy Lifestyles	Swimming (1hr) Healthy Lifestyles	Boxercise (30min) Swimming (Top up)	Invasion - Basketball OAA	Athletics Yoga (30min DS) Striking and Fielding Cricket	Athletics Yoga (30min DS) Striking and Fielding Rounders

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.