

	1	2	3	4	5	6
<b>Seahorses Reception</b>	Gymnastics	Bat and Ball Skills	Dance	Spatial Awareness and FMS	Sending and Receiving  Yoga (30min DS)	Athletics  OAA  Yoga (30min DS)
<b>Starfish Y1</b>	Invasion Games linked to football  Zumba 1 hour (DS)	Gymnastics Apparatus -JB  Active Playground Games  Boxercise JB	Invasion Games JB  Zumba DS	Gymnastics  Dance 1 hour (DS)	Throwing and Catching- JB  OAA  Yoga (30min DS)	Athletics  Bat and ball skills (target games)
<b>Penguins Year 2/3</b>	Football Skills  Boxercise JB  Zumba (DS 30 Mins)	Gymnastics Apparatus  Boxercise JB  Yoga (30min DS)	Invasion Games JB  Active Playground Games  Boxercise (30min)	Athletics JB  Dance	Gymnastics  OAA  Yoga (30min DS)	Athletics JB  Bat and Ball Skills (rounders)
<b>Seals Year 3/ 4</b>	Invasion Games JB  Boxercise JB	Multiskills JB  Gymnastics	Net and Wall - (Volleyball)  Zumba DS  Boxercise (30min)	Invasion - Basketball  Dance DS	Striking and Fielding - Tri Golf  Athletics	Athletics JB  OAA

	Dance					Yoga (30min DS)
<b>Tiger Sharks Year 4/5</b>	Invasion games (Tag Rugby)  Boxercise JB  Gymnastics	Gymnastics  Boxercise JB  Cheerleading (30min DS)	Net and Wall - (Volleyball)  Dance  Boxercise (30min)	Invasion - Basketball  Swimming	Striking and Fielding Tri Golf  Athletics	Athletics  OAA  Yoga (30min DS)
<b>Blue Whales Year 5/6</b>	Invasion games (Tag Rugby)  Boxercise JB  Gymnastics	Boxercise  Swim  Cheerleading (DS)	Boxercise (30min)  Swimming (Top up)  Dance	Invasion - Basketball  Athletics	Athletics  Yoga (30min DS)  OAA	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.