

**ST JOHN THE BAPTIST C OF E PRIMARY SCHOOL**

**PHYSICAL EDUCATION: YEARLY OVERVIEW 2023/24**

**All classes MUST include 2 hours of Physical Education. Each area will be assessed in line with the ‘Skills Ladder’. PE Assessment data will be assessed during Autumn term 1 & Summer term 2, as part of SHA (Twice a year) With ongoing assessment with each subject area.**

**PE Planning: Through 1st 4Sport PE Core Activities, Twinkl, Rising Stars, TES**

**Competitions: Through Gedling Sports, School Games, Rainbow Fellowship.**

**Outside Providers: Premier Sports – providing sport enrichment for KS1 and KS2, once a week, throughout the year and CPD for KS1. PE Lead and staff will run a selection of afterschool sports.**

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|  | **AUTUMN TERM 1** | **AUTUMN TERM 2** | **SPRING TERM 1** | **SPRING TERM 2** | **SUMMER TERM 1** | **SUMMER TERM 2** |
| **FOUNDATION STAGE** | **Fundamentals:**  **Sports Hall Athletics (Plus Assessment)** | **Dance:**  **Fitness:** Yoga/Pilates | **Gymnastics:**  **Multi skills:** | **Fundamentals:**  **Locomotor Skills:**  Fitness: Aerobics | **Agility Circuits:**  **Sports Day Races: (Plus Sports Hall Athletics Assessment)** | **Athletics:**  **Team Games:** |
| **YEAR 1** | **Multi skills:**  **Sports Hall Athletics:** **(Plus Assessment)** | **Dance:**  **Fitness:** Yoga/Pilates | **Gymnastics:**  **Fitness:**  Zumba Kids/Aerobics | **Team Games:**  **Outdoor and Adventure:** | **Athletics:**  **(Including Sports Day & Sports Hall Athletics Assessment)**  **Invasion Games:** | **Striking & Fielding Games:**  **Fitness:**  Agility, Circuits, Aerobics, HIIT for kids, |
| **YEAR 2** | **Multi skills:**  **Sports Hall Athletics:** **(Plus Assessment)** | **Dance:**  **Fitness:** Yoga/Pilates | **Gymnastics:**  **Fitness:**  Zumba Kids/Aerobics | **Invasion Games:**  **Outdoor and Adventure:** | **Athletics:**  **(Including Sports Day & Sports Hall Athletics Assessment)**  **Net / Wall Games:** | **Striking & Fielding Games:**  **Fitness:**  Circuits, Aerobics, HIIT for kids |

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|  | **AUTUMN TERM 1** | **AUTUMN TERM 2** | **SPRING TERM 1** | **SPRING TERM 2** | **SUMMER TERM 1** | **SUMMER TERM 2** |
| **YEAR 3** | **Multi skills:**  **Swimming:**  **(Until Feb)**  **Sports Hall Athletics: (Plus Assessment)** | **Dance:**  **Swimming:**  **(Until Feb half term)** | **Gymnastics:**  **Swimming:**  **(Until Feb)**  **Fitness:**  **Yoga/Pilates (After swimming)** | **Attacking & Defending – Invasion Games:**  **Outdoor and Adventure:** | **Athletics & Sport Hall Athletics**  **(Including Sports Day)**  **Net and Wall Games:** | **Striking & Fielding:**  **Fitness:**  **Aerobic Activities, Circuits, Zumba, Cross Country** |
| **YEAR 4** | **Fitness:**  **Aerobic Activities, Zumba**  **Swimming:**  **(Until Feb)**  **Sports Hall Athletics**: **(Plus Assessment)** | **Dance:**  **Swimming:**  **(Until Feb half term)** | **Gymnastics:**  **Swimming:**  **(Until Feb)**  **Fitness:**  **Yoga/Pilates (After swimming)** | **Attacking & Defending – Invasion Games:**  **Outdoor and Adventure:** | **Athletics & Sports Hall Athletics**  **(Including Sports Day)**  **Net and Wall Games:** | **Striking & Fielding:**  **Fitness:**  **Circuits, Cross Country** |
| **YEAR 5** | **Fitness:**  **Boxercise, Zumba, Aerobics, Circuits**  **Lacrosse:**  **Sports Hall Athletics:** **(Plus Assessment)** | **Dance:**  **Hockey & Long Distance Running:** | **Gymnastics:**  **Football & Long-Distance Running:** | **Attacking & Defending – Invasion Games:**  **Tag Rugby:** | **Athletics & Sports Hall Athletics: (Inc. Sports Day)**  **Outdoor and Adventure:**  **Fitness:**  **Yoga/Pilates (Depending on weather)** | **Striking & Fielding:**  **Net/Wall Games:** |
| **YEAR 6** | **Fitness:**  **Boxercise, Zumba, Aerobics, Circuits**  **Lacrosse:**  **Sports Hall Athletics (Plus Assessment)** | **Dance:**  **Outdoor & Adventure:**  **(Residential)**  **Hockey &**  **Long Distance Running** | **Gymnastics:**  **Football & Long-Distance Running** | **Attacking & Defending – Invasion Games**  **Tag Rugby:** | **Athletics & Sports Hall Athletics (Inc. Sports Day)**  **Fitness:**  **Yoga / Pilates** | **Striking & Fielding:**  **Net/Wall Games:** |