

**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:** |