

PE Plan 2024/25

Autumn Term (Holistic Focus: Mental Wellbeing))

Weeks 1-5: Fundamental Movement Skills

- **Reception:** Basic movements such as running, jumping, hopping, and balancing.
- **Years 1-2:** Simple games that incorporate running, jumping, and balancing; introduction to spatial awareness and coordination.
- **Years 3-6:** Focus on developing agility, balance, and coordination through more complex tasks and games. Emphasise the importance of warm-ups and cool-downs.

Weeks 6-10: Team Games and Cooperation

- **Reception:** Basic team games that involve simple rules, such as relay races and cooperative games.
- **Years 1-2:** Team games that introduce basic rules and concepts of teamwork, such as tag games and basic soccer drills.
- **Years 3-6:** More structured team games like mini-soccer, basketball, and volleyball. Emphasise strategy, teamwork, and communication.

Weeks 11-15: Gymnastics and Dance

- **Reception:** Simple gymnastics routines and free dance to develop coordination and rhythm.
- **Years 1-2:** Basic gymnastics skills (e.g., rolls, balances) and simple dance routines to enhance flexibility and coordination.
- **Years 3-6:** More advanced gymnastics skills and choreographed dance routines. Focus on developing strength, flexibility, and expressive movement.

Spring Term (Holistic Focus: Nutrition)

Weeks 1-5: Outdoor and Adventure Activities

- **Reception:** Simple outdoor activities such as nature walks and scavenger hunts to develop exploration skills.
- **Years 1-2:** Outdoor games and activities that involve basic climbing, running, and problem-solving tasks.
- **Years 3-6:** Introduction to more structured adventure activities such as orienteering and problem-solving challenges. Emphasise teamwork and planning.

Weeks 6-8: Racket sports

- **Reception and Years 1-2:** Introduction to racket control and basic skills such as serving and returning.

- **Years 3-6:** Develop skills, including serving and returning, enhancing performance through, for example volleying and dropshots.

Weeks 9-14: Athletics

- **Reception:** Simple running races and basic throwing activities.
- **Years 1-2:** Introduction to basic athletics skills, including running, jumping, and throwing.
- **Years 3-6:** More advanced athletics training, including sprinting, long-distance running, jumping events, and throwing techniques. Emphasise personal bests and competitive spirit.

Summer Term (Holistic Focus: General Fitness)

Weeks 1-3: Health and Fitness

- **Reception:** Fun activities that introduce the concept of exercise and healthy habits, such as dancing and movement games.
- **Years 1-2:** Basic fitness routines and exercises that promote cardiovascular health and muscular strength.
- **Years 3-6:** Structured fitness sessions focusing on cardiovascular endurance, strength training, and flexibility. Introduce concepts of healthy living and goal setting.

Weeks 4-6: Sports Skills Development

- **Reception:** Introduction to basic sports skills such as throwing, catching, and kicking.
- **Years 1-2:** Development of basic sports skills in a range of sports, including simple rules and techniques.
- **Years 3-6:** More advanced skill development in sports such as cricket, tennis, and athletics. Emphasise technique, strategy, and game play.

Weeks 7-13: Swimming

- **Reception and Years 1-2:** Introduction to basic water skills and safety.
- **Years 3-6:** Develop swimming techniques and water safety skills. Focus on stroke development, stamina, and water confidence.