



PE long Term planning

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Early Years	TRAVELLING WITH CONFIDENCE AND EXPERIMENTS WITH DIFFERENT WAYS OF MOVING (LOCOMOTION)	SENDING, RECEIVING AND KICKING (MANIPULATION)	JUMPING, BALANCE AND CLIMBING EQUIPMENT (STABILISATION)	NEGOTIATING SPACE ADJUSTING SPEED OR DIRECTION (AGILITY MADE UP FROM LOCOMOTION, MANIPULATION AND STABILISATION)	RUNNING AND JUMPING	DANCE
Yr 1/2	DANCE	SENDING AND RECEIVING	GYMNASTICS	FUNDAMENTAL MOVEMENT SKILLS	NET AND WALL	RUNNING AND JUMPING
Yr 3/4	DANCE	SENDING AND RECEIVING	GYMNASTICS	OAA (LINKED TO COMMANDO JOES)	NET AND WALL	RUNNING AND JUMPING
Yr 5/6	DANCE	SENDING AND RECEIVING	GYMNASTICS	OAA (LINKED TO COMMANDO JOES)	NET AND WALL	RUNNING AND JUMPING



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Through all lessons throughout the year

Skill Based Approach

Fundamental Movement Skills

Throughout the year classes will also be taking part in outdoor and adventurous activity challenges both individually and within a team.

Autumn Term

Tuesday Performing Arts with Sophie	All year groups
Friday Afternoon Water sports with South Shields Surf School	Year5/6 1 st Half Term – Surfing and Water sports at South Shields surf school.
Clarty Commandos	EYFS/Year 1/Year2/Year3/Year4 all to go on this trip.



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Swimming Thursday	Year 5- First term
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Spring Term

Tuesday Performing Arts with Sophie	All year groups
Friday Commando Joes	All children to receive one hour of Commando Joes per week from all staff who are fully trained specialists. Commando Joes sessions will relate to OAA and topics studied within each year groups curriculum.



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Thursday Afternoon Swimming	Swimming all term
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Summer Term

Tuesday Performing Arts with Sophie	All year groups
Swimming Thursday	Swimming All term