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| Forest & Sandridge logo jpegP.E. | Term 1 | Term 2 | Term 3 | Term 4 | | Term 5 | | Term 6 |
| Nursery-FS1 | **Core Stability**  - Crab walking (walk in a crab position with tummy facing upwards)  **Upper body strength**  - Bench press up (lean against a bench and support weight on arms. Push bottom up)  **Dough Disco**  **Boogie Beat and Movements** | **Core stability**  - Superman pose (lie on tummy. Raise head, the arms, then legs off the floor. Hold for 10 seconds)  **Upper body strength**  - Lie on a bench and pull yourself along  - Tug of war  **Dough Disco**  **Boogie Beat and Movements** | **Core stability**  - ‘Raise and Lower’ (sit on floor with legs outstretched. Place hands on floor by side. Hold an object between feet. Raise and lower the object off the ground  **Upper body strength**  - Overarm throw with a heavy ball  **Dough Disco**  **Boogie Beat and Movements** | | **Ability to cross the midline**  - Beanbag bench (sit astride a bench and pick coloured beanbags off the floor with the opposite hand swapping one colour to the other side and vice versa)  **Dough Disco**  **Boogie Beat and Movements** | **Ability to cross the midline**  - ‘Hit the Wall’ (stand with back to a wall and hold a ball in both hands, tapping it on one side and then the other side of your body)  **Dough Disco**  **Boogie Beat and Movements** | **Bi-Lateral Coordination**  Symmetrical Movement  - Clap using two hands together when listening to music  - Catch a ball using two hands  Alternating Movement  - Skip without a rope  Different Movement  - Bats and balls  **Dough Disco**  **Boogie Beat and Movements** | |
| EYFS-FS2 | My First PE  Outdoor – bike ability | Gymnastics  Outdoor – bike ability | Dinosaur Dance  Outdoor – bike ability  Music | | Enjoy a ball  Outdoor – bike ability | Athletics  Outdoor – bike ability | Tennis Skills  Outdoor – bike ability | |
| Year 1/2 Year A 2024-2025 | Outdoor-Ball Skills  Indoor- Great fire of London dance  History | Outdoor-Ball skills  Indoor- Winter dance  Music | Outdoor-Outdoor adventurous activities  Indoor-Jungle Yoga  PSHE | | Outdoor-Multi skills  Indoor-Space dance  Maths | Outdoor-Tennis skills  Indoor-Gym | Outdoor-Athletics  Indoor-Pirate fitness | |
| Year 1/2 Year B 2025-26 | Outdoor – Multi skills  Indoor- dance | Outdoor ball games  Indoor- winter dance/nativity | Outdoor- adventurous activities  Indoor- Gym  Geography/PSHE | | Outdoor- football skills  Indoor- Mini Mai Thai | Outdoor- Kwik cricket skills striking and fielding  Indoor- Yoga | Outdoor- athletics  Indoor- athletics | |
| Year 2 | Outdoor – Multi skills  Indoor- dance  Maths/Music | Outdoor ball games  Indoor- winter dance/nativity  RE | Outdoor- adventurous activities  Indoor- Gym | | Outdoor- football skills  Indoor- Mini Mai Thai | Outdoor- Kwik cricket skills striking and fielding  Indoor- Yoga | Outdoor- athletics  Indoor- athletics | |
| Year 3 | Outdoor – multi skills  Indoor – gym  Maths | Outdoor – netball  Indoor – dance (Eco warrior Dance)  PSHE Environmental | Indoor – Boccia  Outdoor – Football | | Outdoor - Striking and Fielding (Kwik cricket skills)  Indoor – handball | Indoor – dance (romans)  Swimming  History/Music | Indoor- yoga  Outdoor- Athletics  Swimming  PSHE | |
| Year 4 | Indoor – Egyptian dance  Outdoor – Netball | Indoor- Gymnastics  Indoor- Mini Mai Thai | Swimming  Indoor-Dodgeball | | swimming  Outdoor – Football | Indoor- Yoga  Outdoor- Basketball | Indoor - Athletics  Outdoor-Tennis | |
| Year 5 | Outdoor – hazel (basketball)  Indoor – swimming | Indoor-Yoga  Outdoor- Cricket skills | Indoor-Gym  Outdoor-Leadership skills  PSHE/Maths | | Indoor-Mini Mai Thai Boxing  Outdoor- Tag rugby skills | Martial arts dance  Outdoor/indoor-Athletics  Music | Indoor-Fitness  Outdoor- Rounders  PSHE/Maths | |
| Year 6 | Outside – hockey  Inside – WW2 dance  Music/History | Outside – netball  Indoor – swimming | Indoor – gymnastics  Outdoor – outdoor adventure  Geography/Maths | | Outside – athletics  Indoor – yoga | Outside – cricket  Indoor – fitness | Indoor: Self defense  outside: athletics  Maths | |