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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 handsAlternating Movement- Skip without a ropeDifferent Movement- Bats and balls**Dough Disco****Boogie Beat and Movements** |
| EYFS-FS2 | My First PEOutdoor – bike ability  | Gymnastics Outdoor – bike ability | Dinosaur Dance Outdoor – bike abilityMusic  | Enjoy a ball Outdoor – bike ability | Athletics Outdoor – bike ability | Tennis Skills Outdoor – bike ability |
| Year 1/2 Year A 2024-2025 | Outdoor-Ball SkillsIndoor- Great fire of London danceHistory  | Outdoor-Ball skillsIndoor- Winter dance Music  | Outdoor-Outdoor adventurous activitiesIndoor-Jungle YogaPSHE  | Outdoor-Multi skillsIndoor-Space danceMaths | Outdoor-Tennis skillsIndoor-Gym | Outdoor-AthleticsIndoor-Pirate fitness |
|  Year 1/2 Year B 2025-26 | Outdoor – Multi skillsIndoor- dance | Outdoor ball gamesIndoor- winter dance/nativity | Outdoor- adventurous activitiesIndoor- GymGeography/PSHE | Outdoor- football skillsIndoor- Mini Mai Thai | Outdoor- Kwik cricket skills striking and fieldingIndoor- Yoga | Outdoor- athleticsIndoor- athletics |
| Year 2 | Outdoor – Multi skillsIndoor- danceMaths/Music  | Outdoor ball gamesIndoor- winter dance/nativityRE  | Outdoor- adventurous activitiesIndoor- Gym | Outdoor- football skillsIndoor- Mini Mai Thai | Outdoor- Kwik cricket skills striking and fieldingIndoor- Yoga | Outdoor- athleticsIndoor- athletics |
| Year 3 | Outdoor – multi skills Indoor – gymMaths | Outdoor – netball Indoor – dance (Eco warrior Dance) PSHE Environmental  | Indoor – BocciaOutdoor – Football  | Outdoor - Striking and Fielding (Kwik cricket skills)Indoor – handball | Indoor – dance (romans) Swimming History/Music | Indoor- yogaOutdoor- Athletics SwimmingPSHE  |
| Year 4 | Indoor – Egyptian danceOutdoor – Netball | Indoor- GymnasticsIndoor- Mini Mai Thai | SwimmingIndoor-Dodgeball | swimming Outdoor – Football | Indoor- YogaOutdoor- Basketball | Indoor - AthleticsOutdoor-Tennis |
| Year 5 | Outdoor – hazel (basketball) Indoor – swimming  | Indoor-YogaOutdoor- Cricket skills | Indoor-Gym Outdoor-Leadership skills PSHE/Maths | Indoor-Mini Mai Thai BoxingOutdoor- Tag rugby skills | Martial arts dance Outdoor/indoor-AthleticsMusic | Indoor-FitnessOutdoor- Rounders PSHE/Maths |
| Year 6 | Outside – hockeyInside – WW2 danceMusic/History | Outside – netball Indoor – swimming  | Indoor – gymnastics Outdoor – outdoor adventure Geography/Maths | Outside – athletics Indoor – yoga  | Outside – cricketIndoor – fitness | Indoor: Self defenseoutside: athletics Maths |