

## Physical Education Curriculum - Coach Led

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
YR	Stamina	Strength Suppleness	Skills	Speed	Athletics - 5 star 5 steps	Inter class competitions
Y1/2	Stamina	Strength Suppleness	Skills	Speed	Athletics - 5 star 5 steps	Inter class competitions
Y3/4	Stamina	Strength Suppleness	Skills Multi skills (6 weeks) Healthy ways programme (3 weeks)	Speed	Athletics - 5 star 5 steps	Inter class competitions
Y5	Stamina	Strength Suppleness	Skills Play leaders (3 weeks)	Speed Kwik cricket (3 weeks)	Athletics - 5 star 5 steps	Inter class competitions
Y6	Stamina	Strength Suppleness	Skills	Speed	Athletics - 5 star 5 steps	Inter class competitions

The 5S Programme framework of delivery is to support the objective of improving physical literacy levels across primary school aged children. This provides children with autonomy over their development in an environment designed to improve 'the whole athlete'. All children will follow the same scheme of work across year groups however, the content will vary based on individual ability. This child-led approach allows each individual to work at their level of development, creating an enjoyable PE environment where they can challenge their physical abilities whilst developing their confidence and physical activity competency.

