

PE Champions Year Plan

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Physical movement Balance  Eye co-ordination Core stability | Body awareness (move to learn) Incorporating spatial awareness. | Gymnastics – movement, sequences | Health – understanding our body and exercise.  OAA – develop simple map skills, teamwork and problem-solving skills. (3-6) | Ball Skills (move to learn) Throwing and catching Racket skills. | Traditional Basic Athletics – linked to Sports Day |
| EYFS -Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines. | EYFS - Explore and engage in music making and dance, performing solo or in groups. | EYFS - Combine different movements with ease and fluency. Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. | EYFS - Know and talk about the different factors that support their overall health and wellbeing: - regular physical activity - healthy eating - toothbrushing – exercise. | EYFS - Further develop and refine a range of ball skills including: throwing, catching, batting, and aiming. | EYFS - Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. |
| 1.1 Multi-Skills | 1.2 Story Time Dance | 1.3 Groovy Gymnastics | 1.6 Fitness Frenzy | 1.4 Brilliant Ball Skills | 1.6 Active Athletics |
| 2.1 Multi-skills | 2.2 Ugly bug ball dance | 2.3 Groovy Gymnastics | 2.6 Fitness Frenzy | 2.4 Throwing and catching | 2.6 Active Athletics |
| 3.1 Multi-skills | 3.2 African Dance – this can be adapted to IPC. | 3.3 Groovy Gymnastics | 3.1 Boot Camp  CAAPS – Year 3 unit | 3.4 Throwing and catching (Field Games) | 3.6 Active Athletics |
| 4.1 Invaders | 4.2 Dynamic Dance/  4.3 Step to the beat | 4.3 Gym Sequences | 4.2 Mighty Movers  CAAPS – Year 4 unit | 4.4. Striking and Fielding | 4.6 Young Olympians |
| 5.1 Invaders | 5.3 Step to the beat | 5.3 Gym Sequences | 5.2 Mighty Movers  CAAPS – Year 5 unit | 5.4 Striking and Fielding | 5.6 Young Olympians |
| 6.1 Invaders | 6.3 Step to the beat | 5.3 Gym Sequences | 6.2 Mighty Movers  CAAPS – Year 6 unit | 6.4 Striking and Fielding | 6.6 Young Olympians |