

## Leeming & Londonderry and Pickhill CE Primary School – Physical Education Scheme of Learning

	Key Stage 1 Year A / Year B		Lower Key Stage 2 Year A / Year B		Upper Key Stage 2 Year C / Year D	
	Half Term Unit Headings		Half Term Unit Headings		Half Term Unit Headings	
Sports	<p style="text-align: center;">Multi Skills</p> <p style="text-align: center;">Dance</p> <p style="text-align: center;">Gymnastics- Wide, Narrow, Curled</p> <p style="text-align: center;">Ball Skills- Hands 2</p> <p style="text-align: center;">Rackets, Bats and Balls</p> <p style="text-align: center;">Active Athletics</p>	<p style="text-align: center;">Multi Skills</p> <p style="text-align: center;">Dance</p> <p style="text-align: center;">Gymnastics- Linking</p> <p style="text-align: center;">Ball Skills- Hands 2</p> <p style="text-align: center;">Rackets, Bats and Balls</p> <p style="text-align: center;">Active Athletics</p>	<p style="text-align: center;">Multi Skills</p> <p style="text-align: center;">Dance</p> <p style="text-align: center;">Gymnastics- Symmetry &amp; Asymmetry</p> <p style="text-align: center;">Cricket</p> <p style="text-align: center;">Tennis</p> <p style="text-align: center;">Athletics</p>	<p style="text-align: center;">Invaders</p> <p style="text-align: center;">Dance</p> <p style="text-align: center;">Gymnastics- Bridges</p> <p style="text-align: center;">Cricket</p> <p style="text-align: center;">Tennis</p> <p style="text-align: center;">Athletics</p>	<p style="text-align: center;">Invaders</p> <p style="text-align: center;">Dance</p> <p style="text-align: center;">Gymnastics- Counter Balance &amp; Counter Tension</p> <p style="text-align: center;">Cricket</p> <p style="text-align: center;">Tennis</p> <p style="text-align: center;">Athletics</p>	<p style="text-align: center;">Invaders</p> <p style="text-align: center;">Dance</p> <p style="text-align: center;">Gymnastics- Matching &amp; Mirroring</p> <p style="text-align: center;">Cricket</p> <p style="text-align: center;">Tennis</p> <p style="text-align: center;">Athletics</p>
Fitness	<p style="text-align: center;">Boot Camp</p> <p style="text-align: center;">Mighty Movers</p> <p style="text-align: center;">Cool Core</p> <p style="text-align: center;">Fitness Frenzy</p>	<p style="text-align: center;">Boot Camp</p> <p style="text-align: center;">Mighty Movers</p> <p style="text-align: center;">Cool Core</p> <p style="text-align: center;">Fitness Frenzy</p>	<p>Fitness activities have been taken from the Fit 4 Life resource provided by Go Well. To access these please visit <a href="https://active.go-well.org/">https://active.go-well.org/</a> (Please note that login to this resource is via a confirmation email. If you do not receive this, please try again using Microsoft Edge rather than Google Chrome)</p> <p>Year 3/4 - begin with using <b>Move It, Tabata and Top of the Clock</b> workouts. Focus on movement preparation before starting workouts</p> <p>Year 5/6 -progress the workouts to using <b>Work Together and Full On</b> which are more team based and require further problem solving and team work skills.</p>			
Swimming	All children go swimming in the spring term where one PE lesson per week is dedicated to this. This lesson replaces a fitness unit of learning.					

Teaching unit & additional resources found from Sports Champions, Rising Stars <https://www.risingstars-uk.com/login>

Teaching unit & additional resources found from Complete PE <https://www.portal.completepe.com/portal/User/Login>