

	Autumn	Spring	Summer
Nursery linked to ELG	<b>P.E-</b> 2 hours of P.E a week Gymnastic – finding different ways of moving. Yoga and developing core strength. Climbing and balancing skills.	Instruction games –including using listening and responding skills.	Ball handling and bat and ball games. Athletics – running, jumping, hopping, including fun games – sack racing, egg and spoon, skipping.
Reception linked to ELG	<b>P.E-</b> 2 hours of P.E a week. – including Yoga and Daily Mile. <b>Extra-Curricular Activities-</b> Multi-Skills.	<b>P.E-</b> 2 hours of P.E a week – including Yoga and Daily Mile <b>Extra-Curricular Activities-</b> Multi-Skills -	<b>P.E-</b> 2 hours of P.E a week - – including Yoga and Daily Mile <b>Extra-Curricular Activities-</b> Multi-Skills Sports Day
Year 1	<b>P.E-</b> 2 hours of P.E a week- 1 hour from P.E Lead and 1 hour from class teacher. Three main targets are; 1) Throwing and catching 2) Demonstrate change of direction, speed and level. 3) Show an awareness of how the body changes/ functions during exercise. <b>Competitions-</b> QPR Football <b>Extra-Curricular Activities-</b> Multi-Skills, Ballet, Rise and Shine.	<b>P.E-</b> 2 hours of P.E a week- 1 hour from P.E Lead and 1 hour from class teacher. The three main targets are; 1) Perform and repeat sequences of environments. 2) Development in FUNdamentals of movement (jog, sprint, jump, hop, weight on hands, balance and coordination) 3) Use FUNdamentals of movement to achieve success, individually and as a team. <b>Extra-Curricular Activities-</b> Multi-Skills, Ballet, Rise and shine.	<b>P.E-</b> 2 hours of P.E a week- 1 hour from P.E Lead and 1 hour from class teacher. The two main targets are; 1) Show proficiency in one stroke when swimming 2) With guidance participate displaying respect, fair play and working well with others. <b>Extra-Curricular Activities-</b> Football, Multi-Skills, Ballet, Rise and Shine. We also intend to start running club, rollerblading, cycling and tennis clubs. <b>Sports Day</b>
Year 2	<b>P.E-</b> 2 hours of P.E a week- 1 hour from P.E Lead and 1 hour from class teacher. The three main targets are; 1) Link two or more actions to perform a sequence showing control and co-ordination. 2) Demonstrate changes of direction, speed & level during performances or in competitive environments. 3) Be aware of how the body changes/functions during exercise. <b>Competitions-</b> QPR Football <b>Extra-Curricular Activities-</b> Salsa, Ballet, Multi- Skills.	<b>P.E-</b> 2 hours of P.E a week- 1 hour from P.E Lead and 1 hour from class teacher. The two main targets are; 1) Perform and repeat sequences of movements. 2) Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination). <b>Extra-Curricular Activities-</b> Salsa, Ballet, Multi-Skills.	<b>P.E-</b> 2 hours of P.E a week- 1 hour from P.E Lead and 1 hour from class teacher. The two main targets are; 1) Use FUNdamentals of movement to employ simple tactics in varied environments. 2) With guidance participate displaying respect, fair play and working well with others. <b>Extra-Curricular Activities-</b> Salsa, Ballet, Multi-Skills, Football. We also intend to start running club, rollerblading, cycling and tennis clubs. <b>Sports Day</b> <b>Residential-</b> Numerous teambuilding activities.
Year 3	<b>P.E-</b> 2 hours of P.E a week- 1 hour from P.E Lead and 1 hour from class teacher. The three main targets are; 1) Throw and catch displaying control and accuracy, in isolation and varied environments. 2) Demonstrate changes of direction, speed & level during performances or in competitive environments. 3) Understand of how the body changes/functions during exercise. <b>Competitions-</b> QPR Football Tournament <b>Extra-Curricular Activities-</b> Street Dance, Netball, Salsa, Ballet	<b>P.E-</b> 2 hours of P.E a week- 1 hour from P.E Lead and 1 hour from class teacher. The three main targets are; 1) Move in a clear, fluent and expressive manner. 2) Plan, perform and repeat sequences of movements. 3) Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination) <b>Extra-Curricular Activities-</b> Street Dance, Netball, Salsa, Ballet	<b>P.E-</b> 2 hours of P.E a week- 1 hour from P.E Lead and 1 hour from class teacher. The two main targets are; 1) Use FUNdamentals of movement to employ simple tactics in varied environments. 2) Displays an understanding of respect, fair play and working well with others. <b>Competitions-</b> ARK football tournament. <b>Extra-Curricular Activities-</b> Street Dance, Netball, Salsa, Ballet. We also intend to start running club, rollerblading, cycling and tennis clubs. <b>Sports Day</b>
Year 4	<b>P.E-</b> 2 hours of P.E a week- 1 hour from P.E Lead and 1 hour from class teacher. The three main targets are; 1) Utilise change of direction, speed and level during performances/ competition to succeed. 2) Select and utilise appropriate tactics and techniques to cause problems for opponents. 3) Understand of how the body changes/ functions during exercise. <b>Competitions-</b> Sports hall Athletics, X-Country, Hockey, Westminster Football. <b>Extra-Curricular Activities-</b> Street Dance, Netball, Salsa, Ballet, Hockey. <b>Lunchtime Activities-</b> Football, Basketball, Hockey, Cricket, Rounders, Golf, Handball, Netball.	<b>P.E-</b> 2 hours of P.E a week- 1 hour from P.E Lead and 1 hour from class teacher. The three main targets are; 1) Create movements that convey a clear stimulus, refining these movements into sequences. 2) Displaying an understanding of fair play, working well with others and leading a small group. 3) Plan, perform and repeat sequences of movements, experimenting with ways of travelling. <b>Extra-Curricular Activities-</b> Street Dance, Netball, Salsa, Ballet, Hockey. <b>Lunchtime Activities-</b> Football, Basketball, Hockey, Cricket, Rounders, Golf, Handball, Netball.	<b>P.E-</b> 2 hours of P.E a week- 1 hour from P.E Lead and 1 hour from class teacher. The two main targets are; 1) To adapt throwing technique to ensure success in a variety of activities (distance, control, accuracy). 2) Change running styles according to distance, beating personal bests. <b>Competitions-</b> Mini Tennis <b>Extra-Curricular Activities-</b> Street Dance, Netball, Salsa, Ballet, Football. We also intend to start running club, rollerblading, cycling and tennis clubs. <b>Lunchtime Activities-</b> Football, Basketball, Hockey, Cricket, Rounders, Golf, Handball, Netball. <b>Sports Day</b> <b>Residential-</b> teambuilding activities – outdoor activities – climbing, archery.
Year 5	<b>P.E-</b> 2 hours of P.E a week- 1 hour from P.E Lead and 1 hour from class teacher. The three main targets are; 1) Use knowledge of the relationship between the body and exercise to improve various fitness components. 2) Compose creative and imaginative dance sequences with clear stimulus, performing expressively and precisely. 3) Create complex and well executed sequences containing a variety of gymnastic components. <b>Competitions-</b> Tag Rugby, X-country, Hockey, Netball, QPR Football, Sports hall Athletics. <b>Extra-Curricular Activities-</b> Street dance, Hockey, Netball, Salsa, Rise and Shine, Ballet. <b>Lunchtime Activities-</b> Football, Basketball, Hockey, Cricket, Rounders, Golf, Handball, Netball.	<b>P.E-</b> 2 hours of P.E a week- 1 hour from P.E Lead and 1 hour from class teacher. Three main targets are; 1) Display an understanding of fair play, working well with others and leading a medium sized group. 2) Field, defend and attack tactically by anticipating the direction of play. 3) Utilise skills in competitive situations, as an individual or part of a team. <b>Competitions-</b> Westminster Football <b>Extra-Curricular Activities-</b> Yoga, Street dance, Hockey, Football, Netball, Salsa, Rise and Shine, Ballet. <b>Lunchtime Activities-</b> Football, Basketball, Hockey, Cricket, Rounders, Golf, Handball, Netball. <b>Cross-Curricular Activities-</b> Tour of Lord's cricket ground. (Hawkeye and Maths).	<b>P.E-</b> 2 hours of P.E a week- 1 hour from P.E Lead and 1 hour from class teacher. The two main targets are; 1) Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run. 2) Field, defend and attack tactically by anticipating the direction of play. <b>Competitions-</b> Tri-Golf, ARK Football Tournament, Kwick Cricket (Boys), Kwick Cricket (Girls). <b>Extra-Curricular Activities-</b> Yoga, Street dance, Hockey, Football, Netball, Salsa, Ballet, Rise and Shine. We also intend to start running club, rollerblading, cycling and tennis clubs. <b>Lunchtime activities-</b> Football, Basketball, Hockey, Cricket, Rounders, Golf, Handball, Netball. <b>Sports Day</b>