

# St. Thomas the Martyr C.E. Primary School



## Physical Education

Year Group	Lesson	Autumn Term 1	Autumn Term 2	Spring Term 1	Spring Term 2	Summer Term 1	Summer Term 2
Rec	1	<b>Use of Space</b>	<b>Travelling</b>	<b>Stretching &amp; Curling</b>	<b>Travelling</b> (Taking Weight On Different Body)	<b>Games</b> (Best of Balls)	<b>Athletics</b>
1	1	<b>Ball Skills</b>	<b>Throwing &amp; Catching</b>	<b>Fitness</b>	<b>Bat &amp; Ball Skills</b>	<b>Athletics</b>	<b>Athletics</b>
	2	<b>Gymnastics</b> (Flight)	<b>Dance</b>	<b>Gymnastics</b> (Rocking & Rolling)	<b>Developing Partner Work</b>	<b>Gymnastics</b> (Wide, Narrow, Curled)	<b>Team Building</b>
2	1	<b>Throwing &amp; Catching</b>	<b>Making Up Games</b>	<b>Fitness</b>	<b>Dribbling, Kicking &amp; Hitting</b>	<b>Athletics</b>	<b>Athletics</b>
	2	<b>Gymnastics</b> (Parts High & Low)	<b>Dance</b>	<b>Gymnastics</b> (Spinning, Turning, Twisting)	<b>Group Games</b>	<b>Gymnastics</b> (Linking Movements)	<b>Team Building</b>
3	1	<b>Tennis</b>	<b>Invasion</b>	<b>Invasion</b>	<b>Net &amp; Wall</b>	<b>Striking &amp; Fielding</b>	<b>Athletics</b>
	2	<b>Gymnastics</b> (Stretching, Curling & Arching)	<b>Fitness</b>	<b>Gymnastics</b> (Pathways)	<b>Dance</b>	<b>Gymnastics</b> (Travelling with a change of direction)	<b>OAA</b>
4	1	<b>Invasion</b>	<b>Invasion</b>	<b>Gymnastics</b>	<b>Net &amp; Wall</b>	<b>Striking &amp; Fielding</b>	<b>Athletics</b>
	2	<b>Swimming</b>	<b>Fitness</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>OAA</b>
5	1	<b>Invasion Games</b>	<b>Invasion &amp; Target</b>	<b>Invasion</b>	<b>Net &amp; Wall</b>	<b>Striking &amp; Fielding</b>	<b>Athletics</b>
	2	<b>Gymnastics</b>	<b>Fitness</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>OAA</b>
6	1	<b>Invasion Games</b>	<b>Invasion &amp; Target</b>	<b>Invasion</b>	<b>Net &amp; Wall</b>	<b>Striking &amp; Fielding</b>	<b>Athletics</b>
	2	<b>Gymnastics</b>	<b>Fitness</b>	<b>Gymnastics</b>	<b>Dance</b>	<b>Gymnastics</b>	<b>OAA</b>