PHYSICAL ACTIVITY COVERAGE

2023/2024

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| Year Group | AUTUMN 1 | AUTUMN 2 | SPRING 1 | | SPRING 2 | SUMMER 1 | SUMMER 2 |
| NURSERY | |  | | --- | | PE Lancashire Scheme of Work –covering a whole range of fundamental movement skills during each half term that progress across the year.  The fundamental movement skills are skipping, running, throwing, catching, striking, rolling, hopping, kicking, balancing and jumping. | | | | | | | |
| RECEPTION | Dance  Games (Unit 1: Using Bean-Bags) | Gymnastics (Units N/R: Introductory)  Games (Unit 3: Using Hoops and Quoits) | | Games (Unit 2/4: Using a Ball, Ropes and Bats) Gymnastics (Units A/B: Travelling/ Stretching and Curling) | Gymnastics (Unit C: Travelling)  Cycling | Swimming  Athletics | Swimming  Cycling |
| Year 1 | Swimming  Games (Unit 1/2: Ball Skills and Games/ Throwing and Catching)  OAA (1 lesson) | Swimming  Games  (Unit 3/4: Bat/Ball Skills and Games/ Developing Partnerwork)  OAA (1 lesson)  Dance for Nativity | Swimming  Athletics  OAA (1 lesson) | | Swimming  Gymnastics  (Unit D/E: Flight/ Points and Patches)  OAA (1 lesson) | Cycling  Gymnastics  (Unit F/G: Rocking and Rolling/ Wide-Narrow-Curled)  OAA (1 lesson) | Cycling  Yoga  OAA (1 lesson) |
| Year 2 | Dance  Cycling  OAA (1 lesson) | Gymnastics (Unit H: Parts)  Games (Unit 1: Throwing and Catching – Inventing Games)  OAA (1 lesson) Dance for Nativity | Gymnastics (Unit I: Pathways)  Games (Unit 2: Making Up Games)  OAA (1 lesson) | | Gymnastics (Unit J/K: Turning/Linking Movements)  Games (Unit 3: Dribbling, Kicking and Hitting)  OAA (1 lesson) | Cycling  Yoga  OAA (1 lesson) | Athletics  Games  (Unit 4: Group Games and Inventing Rules)  OAA (1 lesson) |

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| Year Group | AUTUMN 1 | AUTUMN 2 | SPRING 1 | SPRING 2 | SUMMER 1 | SUMMER 2 |
| Year 3 | Cycling  Gymnastics (Units L/M: Stretching, Curling/ Arching) | Games (Unit 1: Ball Skills)  Games (Unit 2: Creative Games Making) | Dance  Cycling | Dance/  Gymnastics  (Unit N/O: Pathways/ Travelling)  Yoga | Games (Unit 3: Net/Court/Wall)  OAA | Athletics  Games (Unit 4: Striking and Fielding) |
| Year 4 | Games (Unit 3: Invasion Games)  Gymnastics (Units P/O: Balance/ Receiving Body Weight)  OAA (1 lesson) | Cycling  OAA (1 lesson) | Dance  Yoga  OAA (1 lesson) | Swimming  Dance/Games  (Unit 4: Striking and Fielding)  OAA (1 lesson) | Swimming  Athletics  OAA (1 lesson) | Swimming  Games  (Unit 1: Net/Court/Wall)  OAA (1 lesson) |
| Year 5 | Swimming  Games  (Units 2/3: Invasion/Target) | Swimming  Yoga | Swimming  Cycling | Extra Swimming  Games (Units 1/4: Net/Court/Wall and Striking and Fielding) | Extra Swimming/ Athletics  (Unit 1/  Competition A)  Gymnastics  (Units T/U: Bridges/Flight) | Extra Swimming/Athletics  (Unit 2/  Competition B)  Dance/OAA |
| Year 6 | Games (Unit 1: Invasion Games)/  Yoga  Extra Swimming | Cycling  Gymnastics  (Units X/Y: Matching, Mirroring and Contrasting/ Synchronisation and Canon)/  Extra Swimming | Gymnastics  (Units Z /A: Holes and Barriers/ Counter-Balance and Counter-Tension)  Games (Unit 4: Invasion – Ball Handling)/  Extra Swimming | Cycling  Games (Unit 2: Net/Court/Wall)/  Extra Swimming | Games  (Unit 3: Striking and Fielding)  Athletics  (Unit 1/  Competition A) | Athletics  (Unit 2/  Competition B)  Dance/OAA |