PHYSICAL ACTIVITY COVERAGE

2023/2024

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| Year Group | AUTUMN 1 | AUTUMN 2 | SPRING 1 | SPRING 2 | SUMMER 1 | SUMMER 2 |
| NURSERY |

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| 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.  |

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| RECEPTION | DanceGames (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 | SwimmingCycling |
| Year 1 | Swimming Games (Unit 1/2: Ball Skills and Games/ Throwing and Catching)OAA (1 lesson) | SwimmingGames(Unit 3/4: Bat/Ball Skills and Games/ Developing Partnerwork)OAA (1 lesson)Dance for Nativity | SwimmingAthleticsOAA (1 lesson) | SwimmingGymnastics(Unit D/E: Flight/ Points and Patches)OAA (1 lesson) | CyclingGymnastics(Unit F/G: Rocking and Rolling/ Wide-Narrow-Curled)OAA (1 lesson) | CyclingYogaOAA (1 lesson) |
| Year 2 | DanceCyclingOAA (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) | CyclingYogaOAA (1 lesson) | AthleticsGames (Unit 4: Group Games and Inventing Rules)OAA (1 lesson) |

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| Year 3 | CyclingGymnastics (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 | AthleticsGames (Unit 4: Striking and Fielding) |
| Year 4 | Games (Unit 3: Invasion Games)Gymnastics (Units P/O: Balance/ Receiving Body Weight)OAA (1 lesson) | CyclingOAA (1 lesson) | DanceYogaOAA (1 lesson)  | SwimmingDance/Games (Unit 4: Striking and Fielding)OAA (1 lesson) | SwimmingAthleticsOAA (1 lesson) | SwimmingGames (Unit 1: Net/Court/Wall)OAA (1 lesson)  |
| Year 5 | SwimmingGames (Units 2/3: Invasion/Target)  | SwimmingYoga | SwimmingCycling | 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)/YogaExtra Swimming | CyclingGymnastics(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 | CyclingGames (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 |