

CYCLE A: Bee Active	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 1	SUMMER 1	SUMMER 2
Theme/ sport Skill National curriculum coverage	Health Related Fitness	Outdoor Adventure	Invasion Games	Sports Leaders	Athletics Field	Team Games
NURS/ REC	<b>Throwing &amp; Catching</b>  Throwing and catching  Gross motor skills	<b>Den Building</b>  Communication  Building relationships	<b>Me and Myself</b>  Gross motor skills  Managing self	<b>Playground Games</b>  Communication  Building relationships	<b>Movement Development</b>  Spatial awareness  Gross motor skills	<b>Fitness</b>  Gross motor skills  Gross motor skills
YEAR 1 / 2	<b>Systems In Your Body-</b>  Breathing techniques  Knowledge & understanding of health & fitness	<b>Active Travel</b>  Scooters/bike safety/skills  Develop confidence	<b>Netball</b>  Throwing and catching  Develop fundamental movement skills	<b>St Chad's Values in PE</b>  Communication and teamwork  Develop character and values	<b>Athletics</b>  Jumping for distance  Develop fundamental movement skills	<b>Team Games</b>  Compete against others  Develop simple tactics for attack
Year 3 / 4	<b>Fitness</b>  Power and endurance  Develop strength	<b>Hiking</b>  Orienteering  Take part in outdoor and adventurous challenges both individually and in a team	<b>Netball</b>  Creating space to receive  Develop a broader range of skills	<b>Be the Teacher!</b>  Active listening skills  Enjoy communicating with each other	<b>Triple Jump</b>  Using video technology to improve performance  Compare and improve performances to achieve their personal best	<b>Intra-Class Tournaments</b>  Apply specific skills in competitive situations.  Enjoy competing with each other
Year 5/6	<b>Self Care</b>  Yoga, mindfulness and stretching  Develop flexibility	<b>Bushcraft Skills</b>  Communication and planning  Enjoy collaborating with each other	<b>Hockey</b>  Pass, dribble or shoot in a game situation  .Apply a broader range of skills	<b>Mr Bee's Bootcamp</b>  Resilience and perseverance  Enjoy communicating with each other	<b>Shot Putt</b>  Push throw  Compare and improve performances to achieve their personal best	<b>Intra-Class Tournaments</b>  Attacking  Principles of attack