

<b>CYCLE A:</b> Bee Active	<b>AUTUMN 1</b>	<b>AUTUMN 2</b>	<b>SPRING 1</b>	<b>SPRING 1</b>	<b>SUMMER 1</b>	<b>SUMMER 2</b>
	Health related fitness	Outdoor Adventure	Invasion Games	Sports leaders	Athletics Field	Team Games
NURS/ REC	<b>Throwing and 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]	Fitness  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>  Thoughtful exercise 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]

**Key**

Theme/sport    Skill

National curriculum coverage