

Arnesby C E Primary School

P.E - 2 Year Plan

Year A 2024-2025 (1,4,5)

	Autumn term 1 KS2 Dance Show	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2 Sports day
Peace class EYFS Inside	Dance Movement & Balance	Basic gymnastics Shapes and balances	Fundamentals Agility, balance, co- ordination	Basic yoga Balance and stretch	Working with others	Basic rules of invasion games
Outside	Fundamentals Running, balancing, jumping, hopping,	Throwing and catching Throwing and catching	Fundamentals Running, balancing, jumping, hopping	Basics to Games Hitting and retrieving	Sports day preparation	Sports day Athletics Throwing and catching
Peace class Years 1&2 Inside Year 1 programme	Dance Actions, dynamics, space, relationships performance	Gymnastics Shapes, balances, rolls, jumps	Fitness Agility, balance, co- ordination, speed, strength, stamina	Yoga Balance, flexibility, strength	Sending and receiving Sending and receiving	Team building Problem solving, navigation skills, communication, reflection
Outside	Fundamentals Running balancing, jumping, hopping, skipping	Target games Throwing and striking	Invasion & Sending receiving, dribbling, space, attacking, defending	Net and wall games Hitting, feeding, rallying, footwork	Athletics Running, jumping, throwing	Striking and fielding Striking, fielding, throwing, catching
Courage Class Year 4 programme Years 3 & 4 Inside	Dance Actions, dynamics, space, relationships	Gymnastics Shapes, balances, rolls, jumps	Fitness Agility, balance, co- ordination, speed, strength, stamina	Yoga Balance, flexibility, strength	Handball Sending & receiving, dribbling, attacking and defending	Invasion games

	Ball skills	Dodgeball	Basketball	Tennis	Athletics	Rounders
Outside	Sending, catching,	Throwing and	Sending &	Shots, rallying	Running, jumping,	Striking, fielding,
3	tracking, dribbling	catching	receiving, dribbling,	footwork, tactics,	throwing	throwing, catching
			attacking and	rules		
			defending			
Endurance	Dance	Gymnastics	Fitness	Yoga	Badminton	
Year 5 programme	Actions, dynamics,	Shapes, balances,	Agility, balance, co-	Balance, flexibility,	Shots, serving	Invasion games
Year 5/6	space,	rolls, jumps,	ordination, speed,	strength	rallying, footwork	
Inside	relationships	inverted	strength, stamina			
		movements				
Outside	Ball skills	Dodgeball	Basketball	Tennis	Athletics	Rounders
	Sending, catching,	Throwing and	Sending &	Shots, serving	Running, jumping,	Striking, fielding,
	tracking, dribbling	catching	receiving, dribbling,	rallying, footwork	throwing	throwing, catching
			attacking and			
			defending			

Year B 2025-2026 (2,3,6)

	Autumn term 1 Dance Show	Autumn term 2	Spring term 1	Spring term 2	Summer term 1	Summer term 2 Sports day
Peace class EYFS Inside	Dance Movement & Balance	Basic gymnastics Shapes and balances	Fundamentals Agility, balance, co- ordination	Basics to Games	Working with others	Basic rules of invasion games
Outside	Fundamentals Running, balancing, jumping, hopping,	Throwing and catching	Fundamentals Running, balancing, jumping, hopping	Sending and receiving	Sports day preparation	Sports day athletics Throwing and catching
Peace class Year 2 programme Year 1 & 2 Inside	Dance Actions, dynamics, space, relationships performance	Gymnastics Shapes, balances, rolls, jumps	Fitness Agility, balance, co- ordination, speed, strength, stamina	Yoga Balance, flexibility, strength	Sending and receiving Sending and receiving	Team building Problem solving, navigation skills, communication, reflection

Outside	Fundamentals	Target games	Invasion &	Net and wall	Athletics	Striking and
	Running balancing,	Throwing and	Sending	games	Running, jumping,	fielding
	jumping, hopping,	striking	receiving, dribbling,	Hitting, feeding,	throwing	Striking, fielding,
	skipping		space, attacking,	rallying, footwork		throwing, catching
			defending			
Courage Class	Dance	Gymnastics	Ball skills	Yoga	Swimming	Swimming
Year 3 & 4	Actions, dynamics,	Shapes, balances,	Sending, tracking,	Balance, flexibility,	Strokes, breathing,	Strokes, breathing,
Year 3 programme	space,	rolls, jumps	catching, dribbling	strength	water safety	water safety
Inside	relationships					
4						
Outside	Ball skills	Dodgeball	Football	Tennis	Athletics	Cricket
	Sending, catching,	Throwing and	Sending and	Shots, rallying	Running, jumping,	Striking fielding
	tracking, dribbling	catching	receiving, dribbling,	footwork, tactics,	throwing	throwing &
			space, attacking	rules		catching
			and defending			
Endurance	Dance	Gymnastics	Fitness	Yoga	Swimming	Swimming
Year 6 programme	Actions, dynamics,	Shapes, balances,	Agility, balance, co-	Balance, flexibility,	Strokes, breathing,	Strokes, breathing,
Year 5& 6	space,	rolls, jumps,	ordination, speed,	strength	water safety	water safety
Inside	relationships	inverted	strength, stamina			
		movements				
Outside	Ball skills	Dodgeball	Football	Tennis	Athletics	Cricket
	Sending, catching,	Throwing and	Sending and	Shots, serving	Running, jumping,	Striking fielding
	tracking, dribbling	catching	receiving, dribbling,	rallying, footwork	throwing	throwing &
			space, attacking			catching
			and defending			