



# Arnesby C E Primary School

## P.E - 2 Year Plan

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

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

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

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

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

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