St Helens Primary

Whole School Physical Education & Enrichment Curriculum

**Year A**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Reception** | Multiskills  (field)  Jumping and skipping | Throwing and catching a variety of apparatus  Fundamental gymnastics | Multi skills  (games)  Dance (Movement to music) | Bat and ball skills  Parachute games | Multiskills  Throwing and catching | Parachute games  Outdoor athletics |
| **Year 1 & Year 2** | **Multiskills**  Agility, balance, speed  **Dance**  Exploring Gesture and Formation | **Multiskills**  Agility, balance, speed  **Gymnastics**  Taking weight on different parts | **Multiskills**  Agility, balance, speed  **Dance**  Core task | **Multiskills**  Agility, balance, speed  **Gymnastics**  Transferring weight form one body part | **Multiskills**  Agility, balance, speed  **Dance**  Telling a story and responding to music | **Multiskills**  Skills based activities  **Gymnastics**  Travelling |
| **Year 3 & Year 4** | **Invasion Games**: Tag Rugby / Netball  **Outdoor & Adventurous:** Team Building/Sitting Volleyball | **Outdoor & Adventurous:** Orienteering  **Aesthetics:**  Gymnastics | **Invasion Games:**  Hockey  **Aesthetics:** Dance | **Striking and Fielding:** Cricket  **Invasion Games:**  Netball | **Net and Wall games:** Tennis  **Athletics:** Track & Field Events Quadkids | **Striking & Fielding:** Rounders |
| **Year 5 & Year 6** | **Invasion Games:** Netball  Hockey | **Invasion Games:**  Basketball  **Aesthetics:**  Dance | **Outdoor & Adventurous:**  Cross Country & HRF Circuits  **Aesthetics:** Gymnastics | **Net and Wall Games**:  **Athletics:** Track & Field Events Quadkids | **Fielding and Striking Games**: Cricket  **Net and Wall games:** Tennis | **Net and Wall games:** Volleyball  **Fielding and Striking Games**: Rounders |

**Year B**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Reception** | Multiskills  (field)  Jumping and skipping | Throwing and catching a variety of apparatus  Fundamental gymnastics | Multi skills  (games)  Dance (Movement to music) | Bat and ball skills  Parachute games | Multiskills  Throwing and catching | Parachute games  Outdoor athletics |
| **Year 1 & Year 2** | **Multiskills**  Agility, balance, speed  **Dance**  Exploring Gesture and Formation; Creating short dances | **Multiskills**  Agility, balance, speed  **Gymnastics**  Taking weight on different parts | **Multiskills**  Agility, balance, speed  **Dance**  Core task | **Multiskills**  Agility, balance, speed  **Gymnastics**  Transferring weight form one body part | **Multiskills**  Agility, balance, speed  **Dance**  Telling a story and responding to a music stimulus | **Multiskills**  Skills based activities  **Gymnastics**  Travelling |
| **Year 3 & Year 4** | Swimming | Swimming | **Aesthetics:**  Gymnastics | **Net and Wall Games**: Tennis | **Athletics:** Track & Field Events Quadkids | Invasion Games – Tag Rugby |
| **Year 5 & Year 6** | **Invasion Games:**  Basketball  **Health Related Fitness**: Circuits & Sports Aerobics | **Invasion Games:**  Netball / hockey  **Aesthetics:**  Dance | **Outdoor & Adventurous:**  Cross Country/ Orienteering  **Aesthetics:** Gymnastics | **Athletics:** Track & Field Events Quadkids | **Fielding and Striking Games**: Rounders  Cricket | **Net and Wall games:** Volleyball |

**Physical Education Enrichment Curriculum**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1 (1)** | **Autumn 2 (2)** | **Spring 1 (3)** | **Spring 2 (4)** | **Summer 1 (5)** | **Summer 2** |
| **KS1**  **Clubs** | Invasion Multiskills | Gymnastics | Dance | Athletics Multiskills | Racket Skills/golf | Striking and Fielding |
| **KS2**  **Clubs** | Tag Rugby 4/5/6  SHA 4/5/6  Football KS2 | Basketball KS2  SHA Team  Football KS2 | Hockey 5&6  Netball Y4-6 Girls  Football KS2 | Athletics KS2  Tennis Y3/4  Cricket | Gymnastics  Cricket  Tri Golf | Bike Club  Tag Rugby |
| **Intra Competitions** | Football  Tag Rugby | Netball  Hockey | Sitting Volleyball | OAA  Sports Day | Cricket | Rounders |
| **1/2 Inter Competitions** | Multiskills Festival | Multiskills Festival | Multiskills Festival | Multiskills Festival | Multiskills Festival | Multiskills Festival |
| **3/4 Inter Competitions** |  |  | Football | Football | Cricket  Tennis | Baylink Games |
| **5/6 Inter Competitions** | Football  Tag Rugby B&G  (OAA Festival) | Table Tennis  Football  SHA Clusters | Football  Basketball | Hockey  Netball  (Cross Country) | Cricket  Tri Golf  (Area Quadkids) | (Triathlon Sc R Cy)  Cricket Festivals  Baylink  Primary Island  Hampshire Games |