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 apparatusFundamental gymnastics | Multi skills(games)Dance (Movement to music) | Bat and ball skillsParachute games | MultiskillsThrowing and catching | Parachute gamesOutdoor 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**

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| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Reception** | Multiskills(field)Jumping and skipping | Throwing and catching a variety of apparatusFundamental gymnastics | Multi skills(games)Dance (Movement to music) | Bat and ball skillsParachute games | MultiskillsThrowing and catching | Parachute gamesOutdoor 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**: RoundersCricket | **Net and Wall games:** Volleyball |

**Physical Education Enrichment Curriculum**

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|  | **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 4/5/6Football KS2  | Basketball KS2SHA TeamFootball KS2 | Hockey 5&6Netball Y4-6 GirlsFootball KS2 | Athletics KS2Tennis Y3/4Cricket | GymnasticsCricketTri Golf | Bike ClubTag Rugby |
| **Intra Competitions** | FootballTag Rugby | NetballHockey | 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  | CricketTennis | Baylink Games |
| **5/6 Inter Competitions** | FootballTag Rugby B&G (OAA Festival) | Table TennisFootballSHA Clusters | FootballBasketball | HockeyNetball(Cross Country) | CricketTri Golf(Area Quadkids) | (Triathlon Sc R Cy)Cricket FestivalsBaylink Primary Island Hampshire Games |