

## Crakehall CE Primary School – Physical Education Scheme of Learning

	EYFS Half Term Unit Headings	Key Stage 1 Year A / Year B		Lower Key Stage 2 Year A / Year B		Upper Key Stage 2 Year A / Year B	
		Half Term Unit Headings		Half Term Unit Headings		Half Term Unit Headings	
Sports	Locomotion (Walking)	Multi Skills	Multi Skills	Multi Skills	Invaders	Invaders	Invaders
	Dance	Dance	Dance	Dance	Dance	Dance	Dance
	Gymnastics- High, Low, Over, Under	Gymnastics- Wide, Narrow, Curled	Gymnastics- Linking	Gymnastics- Symmetry & Asymmetry	Gymnastics- Bridges	Gymnastics- Counter Balance & Counter Tension	Gymnastics- Matching & Mirroring
	Ball Skills (Hands 1)	Ball Skills- Hands 2	Ball Skills- Hands 2	Cricket	Cricket	Cricket	Cricket
	Locomotion (Jumping)	Rackets, Bats and Balls	Rackets, Bats and Balls	Tennis	Tennis	Tennis	Tennis
Ball Skills (Hands 2)	Active Athletics	Active Athletics	Athletics	Athletics	Athletics	Athletics	
Fitness	N/A	Boot Camp Mighty Movers Skip to the Beat Gymfit Circuits Cool Core Fitness Frenzy	Boot Camp Mighty Movers Skip to the Beat Gymfit Circuits Cool Core Fitness Frenzy	Fitness activities have been taken from the Fit 4 Life resource provided by Go Well. To access these please visit <a href="https://active.go-well.org/">https://active.go-well.org/</a> (Please note that login to this resource is via a confirmation email. If you do not receive this, please try again using Microsoft Edge rather than Google Chrome)  Year 3/4 - begin with using <b>Move It, Tabata and Top of the Clock</b> workouts. Focus on movement preparation before starting workouts Year 5/6 -progress the workouts to using <b>Work Together and Full On</b> which are more team based and require further problem solving and team work skills.			

Teaching unit & additional resources found from Sports Champions, Rising Stars <https://www.risingstars-uk.com/login>

Teaching unit & additional resources found from Complete PE <https://www.portal.completepe.com/portal/User/Login>