

**Physical Education and School Sport Annual Programme
Cheswardine Primary School**

EYFS / KS1	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Lesson 1 Activsports	Multi Skills – Foot and Hand Skills	Gymnastics – Developing a Sequence	Dance – Chinese New Year	Alternative Sports e.g. NAK	Preparing for Tennis	Athletics – Running, Throwing and Jumping Skills
Lesson 2 Class Teacher	Multi Skills – Invasion Games	Dance – Toys or alternative linked to theme.	Gymnastics – Rocking and Rolling	Circuit Training	Multi Skills Bat and Ball Skills	Balanceability – Learning to Ride TBC / Throwing and Catching

KS2	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Lesson 1 Activsports	Multi Skills Invasion Focus e.g. Netball Skills, Football Skills	Sportshall Athletics	Gymnastics – Shape and Balance: Rivers and Mountains	Alternative Sports Focus e.g. Archery / OAA	Tennis	Athletics
Lesson 2 Class Teacher	Tag Rugby	Gymnastics - Sequencing a Routine	Dance (Thriller)	Dance (Pump It Up)	Striking and Fielding Games (Term of Each)	
					Swimming TBC (Term of Each)	

Key: Invasion Games Strike & Fielding Games Net & Wall Games Gymnastics Dance OAA Athletics Alternative Sports