



CONONLEY PRIMARY SCHOOL
Inspiring and Challenging Our Children

Cononley Primary School – PE 2022/23

<u>EYFS</u> <u>/KS1</u>	<u>Autumn i</u>	<u>Autumn ii</u>	<u>Spring i</u>	<u>Spring ii</u>	<u>Summer i</u>	<u>Summer ii</u>
Cherry (Rec)	Multi Skills Different sized equipment/throwing and catching using games	Fundamental skills Leading to Gymnastics	Fundamental Skills Leading to Dance	Fundamental Multi Skills Develop sending and receiving	Fundamental Multi Skills Using Bat and Ball	Fundamental skills for Mini Olympics Basic Skills in Running, Jumping and Throwing
Rowan (Y1)	Basic Multi Skills Activities that focus on team building and controlling equipment (Kanga) Activities that develop sending and receiving	Basic skills for Gymnastics Simple movements working towards gymnastics (Kanga) Sports Science Circuit Training (Twinkl Move)	Basic skills for Dance (Kanga) Net/Wall Tennis Skills	Multi Skills Basic skills that lead to games (Kanga) OAA Scavenger hunt relays, introduce map of school	Basic skills for Net/Wall Games (Kanga) Striking and Fielding Activities to develop basic skills for striking and fielding	Athletics Activities that develop basic skills for athletics (Kanga) Striking and Fielding Activities that develop basic skills for striking and fielding
Sycamore (Y2)	Invasion Games Activities leading towards invasion games (Kanga) Activities that focus on spatial awareness	Gymnastics Basic activities leading towards gymnastics (Kanga) Sports Science Circuit Training (Twinkl Move)	Dance (Kanga) Net/Wall Tennis Skills (leading to mini games)	Invasion Games Activities that introduce tactics (Kanga) OAA Scavenger hunt relays using map of school	Net/Wall Games (Kanga) Striking and Fielding Activities to develop basic skills for striking and fielding	Athletics Activities that develop basic skills for athletics (Kanga) Striking and Fielding Activities that develop basic skills for striking and fielding

<u>KS2</u>	<u>Autumn i</u>	<u>Autumn ii</u>	<u>Spring i</u>	<u>Spring ii</u>	<u>Summer i</u>	<u>Summer ii</u>
Silver Birch (Y3/4)	Invasion Games Develop skills in invasion games: Tag rugby/ Ultimate Frisbee (Kanga) Basketball/ Netball	Gymnastics (Kanga) Sports Science Develop basic skills in fitness, strength and flexibility (Twinkl Move)	Dance (Kanga) Net/Wall Badminton	Invasion Games Develop skills in invasion games: Hockey (Kanga) OAA	Net/Wall Volleyball (Kanga) Striking and Fielding Cricket	Athletics (Kanga) Striking and Fielding Rounders
Willow (Y4/5)	Invasion Games Develop skills (Y4s) focus on attack, defence, movement (Y5s): Tag rugby/ Ultimate Frisbee (Kanga) Basketball/ Netball	Gymnastics (Kanga) Sports Science Develop basic skills in fitness, strength and flexibility (Twinkl Move)	Dance (Kanga) Net/Wall Badminton	Invasion Games Develop/use skills in invasion games: Hockey (Kanga) OAA	Net/Wall Volleyball (Kanga) Striking and Fielding Cricket	Athletics (Kanga) Striking and Fielding Rounders
Oak (Y5/6)	Invasion Games Main focus attack, defence, movement (Y5s); develop tactical awareness (Y6) Tag rugby/ Ultimate Frisbee (Kanga) Basketball/ Netball	Gymnastics (Kanga) Sports Science Develop basic skills in fitness, strength and flexibility (Twinkl Move)	Dance (Kanga) Net/Wall Badminton	Invasion Games Use skills in invasion games: Hockey (Kanga) OAA	Net/Wall Volleyball (Kanga) Striking and Fielding Cricket	Athletics (Kanga) Striking and Fielding Rounders