



## Austwick CE (VA) Primary School



PE Elements we will cover: Athletics Dance, Gymnastics, Multi – Skills/Games, Swimming and Teamwork/healthy participation. The 3 pillars of knowledge in PE we will work through: motor competence, rules, strategies and tactics and healthy participation.

### Year A

Subject: PE	Class 1 Nursery/ Reception/ Year 1/ Year 2	Class 2 Year 3,4,5,6
Autumn 1	OAA Multi-skills	Swimming Tag rugby
Autumn 2	Attack, defend, shoot Yoga	Swimming Tennis
Spring 1	Dance- unit 1 Send and return- unit 1	Dance Dodgeball
Spring 2	Gymnastics- unit 1 Send and return- unit 2	Gymnastics Fitness
Summer 1	Run, jump, thrown- unit 1 Athletics	Volleyball Athletics
Summer 2	Cricket- with SCC coach Athletics / Rounders	Cricket- with SCC coach Athletics /Rounders

### Year B

Subject: PE	Class 1 Nursery/ Reception/ Year 1/ Year 2	Class 2 Year 3,4,5,6
Autumn 1	OAA Multi-skills	Swimming Hockey
Autumn 2	Dance- unit 2 Run, jump, throw- unit 2	Swimming Netball
Spring 1	Netball Send and return- unit 2	Dance Handball
Spring 2	Gymnastics- unit 2 Yoga	Gymnastics Fitness
Summer 1	Athletics Attack, defend, shoot	Athletics Football
Summer 2	Cricket- with SCC coach Athletics / Rounders	Cricket- with SCC coach Athletics / Rounders



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