



PE Planning- Year A  
2023-24  
2025-26

<b>Term and planning</b>	<b>Ladybirds</b>	<b>Hedgehogs</b>	<b>Otters</b>	<b>Owls</b>
<b>Autumn 1</b>	Introduction to PE	Sending and receiving	Netball	Netball
<b>Autumn 2</b>	Gymnastics	Invasion games	Tag rugby	Tag Rugby
<b>Spring 1</b>	Dance	Dance	Dance	Dance
<b>Spring 2</b>	Fundamentals	Ball skills	Hockey	Hockey
<b>Summer 1</b>	Ball Skills	Athletics	Athletics	Athletics
<b>Summer 2</b>	Games	Striking and fielding	Cricket	Rounders
<b>Swimming</b>	<b>Swimming</b>	<b>Swimming</b>	<b>Swimming</b>	<b>Swimming</b>

<p><b>Leapfrog book with planning/swim instructors from venue.</b></p>	<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).</li> <li>Perform safe self-rescue in different water-based situations.</li> </ul>	<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).</li> <li>☑ Perform safe self-rescue in different water-based situations.</li> </ul>	<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).</li> <li>☑ Perform safe self-rescue in different water-based situations.</li> </ul>	<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).</li> <li>☑ Perform safe self-rescue in different water-based situations.</li> </ul>
<p><b>Friday sports</b></p> <p><b>Football- Coached by Exeter City</b></p> <p><b>Tennis- Coached by ARC (Spring term)</b></p>				
<p><b>PE Planning- Year B</b></p> <p><b>2024-25</b></p> <p><b>2026-27</b></p>				
<p><b>Term and planning</b></p>	<p><b>Ladybirds</b></p>	<p><b>Hedgehogs</b></p>	<p><b>Otters</b></p>	<p><b>Owls</b></p>
<p><b>Autumn 1</b></p>	<p>Introduction to PE</p>	<p>Fundamentals</p>	<p>OAA</p>	<p>OAA</p>
<p><b>Autumn 2</b></p>	<p>Gymnastics</p>	<p>Gymnastics</p>	<p>Gymnastics</p>	<p>Gymnastics</p>
<p><b>Spring 1</b></p>	<p>Dance</p>	<p>Fitness</p>	<p>Fitness</p>	<p>Fitness</p>
<p><b>Spring 2</b></p>	<p>Fundamentals</p>	<p>Net and wall games</p>	<p>Handball</p>	<p>Handball</p>
<p><b>Summer 1</b></p>	<p>Ball Skills</p>	<p>Athletics</p>	<p>Athletics</p>	<p>Athletics</p>
<p><b>Summer 2</b></p>	<p>Games</p>	<p>Target games</p>	<p>Tennis</p>	<p>Badminton</p>

<p align="center"><b>Swimming</b></p> <p align="center"><b>Leapfrog book with planning/swim instructors from venue.</b></p>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).</li> <li>Perform safe self-rescue in different water-based situations.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).</li> <li>☑ Perform safe self-rescue in different water-based situations.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).</li> <li>☑ Perform safe self-rescue in different water-based situations.</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).</li> <li>☑ Perform safe self-rescue in different water-based situations.</li> </ul>
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