

## Brompton-on-Swale CE Primary School – Physical Education Scheme of Learning

	EYFS Half Term Unit Headings	Year 1 / Year 2 Half Term Unit Headings		Year 3 / Year 4 Half Term Unit Headings		Year 5 / Year 6 Half Term Unit Headings	
Sports	<p>Locomotion (Walking)</p> <p>Dance</p> <p>Gymnastics- High, Low, Over, Under</p> <p>Ball Skills (Hands 1)</p> <p>Locomotion (Jumping)</p> <p>Ball Skills (Hands 2)</p>	<p>Multi Skills</p> <p>Dance</p> <p>Gymnastics- Wide, Narrow, Curled</p> <p>Ball Skills- Hands 2</p> <p>Rackets, Bats and Balls</p> <p>Active Athletics</p>	<p>Multi Skills</p> <p>Dance</p> <p>Gymnastics- Linking</p> <p>Ball Skills- Hands 2</p> <p>Rackets, Bats and Balls</p> <p>Active Athletics</p>	<p>Multi Skills</p> <p>Dance</p> <p>Gymnastics- Symmetry &amp; Asymmetry</p> <p>Cricket</p> <p>Tennis</p> <p>Athletics</p>	<p>Invaders</p> <p>Dance</p> <p>Gymnastics- Bridges</p> <p>Cricket</p> <p>Tennis</p> <p>Athletics</p>	<p>Invaders</p> <p>Dance</p> <p>Gymnastics- Counter Balance &amp; Counter Tension</p> <p>Cricket</p> <p>Tennis</p> <p>Athletics</p>	<p>Invaders</p> <p>Dance</p> <p>Gymnastics- Matching &amp; Mirroring</p> <p>Cricket</p> <p>Tennis</p> <p>Athletics</p>
Fitness	N/A	<p>Boot Camp</p> <p>Mighty Movers</p> <p>Skip to the Beat</p> <p>Gymfit Circuits</p> <p>Cool Core</p> <p>Fitness Frenzy</p>	<p>Boot Camp</p> <p>Mighty Movers</p> <p>Skip to the Beat</p> <p>Gymfit Circuits</p> <p>Cool Core</p> <p>Fitness Frenzy</p>	<p>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)</p> <p>Year 3/4 - begin with using <b>Move It, Tabata and Top of the Clock</b> workouts. Focus on movement preparation before starting workouts</p> <p>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.</p>			

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>