

PE Curriculum Journey – Long Term Plan (2021/22)

Year Group	Autumn		Spring		Summer	
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Reception	FMS - Physical Devel. PoPE - Improving Agility	FMS - Physical Devel. PoPE - Pirates - Awareness of Space	Dance Simple Movement to Music (LJ)	FMS - Physical Devel. PoPE - Circus - Balance	FMS - Physical Devel. PoPE – On the Farm – Re- visit agility	FMS - Physical Devel. PoPE – At the beach – Throwing & Catching
1	Invictus PoPE Problem solving	Team Games: Attack & Defend (Basketball) JB Dance (LJ) Simple Movement patterns (LJ)	Gymnastics	Multi-Skills PoPE (MS)	Ball Skills (Throwing & Catching) (JB)	Running, Jumping & Throwing PoPE - Athletics
2	Gymnastics Dance (LJ) Simple Movement patterns (LJ)	Team Games: Attack & Defend (Hockey) JB	Non-Traditional Health Related Exercise PoPE	Multi-Skills PoPE (MS)	Striking & Fielding Skills. PoPE	Running, Jumping & Throwing PoPE - Athletics
3	Gymnastics PoPE – 1 - Point Balances Archery JB	Competitive Games Football (JB)	Swimming & Water- Safety (JB)	Dance	OAA PoPE - Orienteering	Athletics PoPE
4	Gymnastics (JB) Archery JB	Dance PoPE	Swimming & Water- Safety (JB)	Competitive Games Football (JB)	OAA PoPE - Orienteering	Athletics PoPE
5	Dance (JB)	Swimming & Water- Safety (JB)	Competitive Games Netball JB	OAA PoPE	Competitive Games Cricket / Rounders (JB)	Athletics PoPE
6	Competitive Games Tag Rugby JB	Swimming & Water- Safety (JB) Non-Traditional Primary-Golf (Golf Foundation SoW)	Non-Traditional Health Related Exercise PoPE – Delivered by JB	Non-Traditional Training and Fitness PoPE	Competitive Games Tennis (JB)	Athletics PoPE

Please note that our Medium Term plans supporting our PE Curriculum Journey are progressive and inclusive and have been accessed from Power of PE (PoPE) or JB Sports. To support sustainability a copy of every Medium Term Plan is held within the academy.

Please also note, that in addition to the above planned PE Curriculum Journey, every child across the academy is also engaged in an inclusive, time-tabled programme of exciting physical activity opportunities which take place on a weekly basis for the whole academic year. After 'Lock-Down' these physical activity-based sessions support not only our 'Catch-Up Curriculum' and learning across the school in areas such as Literacy and Science, but also support the enhancement of children's physical and mental well-being. Activities include Yoga, Boxercise and JB Adventures. This exciting, inclusive programme is funded by the PE & Sport Premium.