

# ST. John's PE Provision 2023 - 2024

Swimming Wednesday afternoons, 2 classes for a half hour lesson each: 1:15-1:45, 1:45 - 2:15

Dance Tuesday mornings (9.00-10.00am and 10.00-11.00am)

Mr Sigley Wednesday afternoons (1.00-2.00pm and 2.10-3.10pm)

| Class     | Lesson   | Autumn 1  | Autumn 2                           | Spring 1   | Spring 2   | Summer 1                        | Summer 2  |
|-----------|----------|---|------------------------------------|--|--|---------------------------------|---|
| Nursery   | Lesson   | Balance and use of space  | Running and stopping               | Rolling and Throwing and catching                            | Movement to music  | Improving agility               | Improving balance   |
| Reception | Lesson   | Balance and use of space  | Running and stopping               | Rolling and Throwing and catching                            | Movement to music  | Improving throwing              | Improving catching  |
| Year 1    | Lesson 1 | Mr Sigley   | Dance (GC)                         | Gymnastics   | Invasion Skills - Football   | Dance (GC)                      | Mr Sigley   |
| Year 2    | Lesson 1 | Mr Sigley   | Dance (GC)                         | Health related exercise                                      | Multi-skills   | Dance (GC)                      | Mr Sigley   |
|           | Lesson 2 | Invasion skills   | Gymnastics                         | Handball   | Hockey   | Tag Rugby                       | Rounders  |
| Year 3    | Lesson 1 | Dance (GC)  | Mr Sigley                          | Mr Sigley  | Dance (GC)   | Swimming                        | Swimming  |
|           | Lesson 2 | Invasion Games Football   | Invasion Games Basketball          | Invasion Games High5 Netball                                 | Multi-skills   | Invasion Games Hockey           | Athletics   |
| Year 4    | Lesson 1 | Dance (GC)  | Mr Sigley                          | Mr Sigley  | Dance (GC)   | Swimming                        | Swimming  |
|           | Lesson 2 | Invasion Games Hockey   | Health Related Exercise            | Gymnastics   | Invasion Games Netball   | Athletics                       | Rounders  |
| Year 5    | Lesson 1 | Swimming  | Swimming                           | Dance (GC)   | Mr Sigley  | Mr Sigley                       | Dance (GC)  |
|           | Lesson 2 | Invasion Games Handball   | Outdoor Education                  | Gymnastics   | Health-Related Exercise  | Invasion Games Tag Rugby        | Athletics   |
| Year 6    | Lesson 1 | Swimming  | Swimming                           | Dance (GC)   | Mr Sigley  | Mr Sigley                       | Dance (GC)  |
|           | Lesson 2 | Health Related Exercise   | Invasion Games - Basketball        | Gymnastics   | Invasion Games - Hi5 Netball   | Athletics                       | Rounders  |
| Year 7    |          | Game Sense<br>Team Building<br>Tactics and Strategy<br>Technical Skills | Health-Based<br>Physical Education | Dance<br>Inquiry-Based<br>Learning Model<br>Skill Refinement | Sport Education<br>Model<br>Building<br>Competent and Literate Players | Direct Instruction<br>Athletics | Teaching Games for Understanding<br>Game Appreciation<br>Tactical Awareness<br>Decision Making<br>Performance |