

Middle and Upper School Core Curriculum Pe Plan 2019-2020

1

Overview of Curriculum P.E ; 2019 -2020						
	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Time	weeks	weeks	weeks	weeks	weeks	weeks
Monday Year 4 1:30-2:50	Invasion Skills WAR	Zumba WAR Swimming blocked week	Gymnastics SB Dance	Net/wall Games WAR	Striking and Fielding skills WAR	Athletics
Tuesday Year 5 1:30-2:50	Invasion Skills WAR	Gymnastics SB Dance	Salsa Fitness and creative dance S B Dance Swimming blocked week Target group	Net/wall Games WAR Boggle Hole Residential	Striking and Fielding skills WAR	Athletics
Wednesday Year 3 1:30-2:50	InvasionSkills WAR	Gymnastics SB Dance	Zumba/Cheerleading WAR	Net/wall Games WAR Swimming blocked week	Striking and Fielding skills WAR	Athletics
Thursday Year 6 1:30-2.50	Invasion Skills WAR	Gymnastics SB Dance	Dance through the decades SB Dance	Net/wall Activities WAR	Striking and Fielding skills Swimming blocked week. Target group WAR	France Trip Transition
Friday Various 2:15-2:50	Fun Fitness Year 3 WAR	Fun Fitness Year 3 WAR	1.15 to 2.15 Yoga year 6 Intervention group. Change 4 Life Year 5 Targeted Groups WAR	1.15 to 2.15 Yoga year 6 Intervention group Change 4 Life Year 5 Targeted Groups WAR	Change 4 Life Year 4 Targeted Groups WAR	Change 4 Life Year 4 Targeted Groups WAR