**Hexham First School PE Long Term Overview**

**PE Specialist Plan 2025**

**Full of Beans- Wednesday’s half day delivery all year**

KS2-9-10 Reception- 10-10:40 KS1-10:40-11:40 or (Yr1-10:40-11:10- Yr2-11:10-11:40)

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Nursery**  | **Hoopstarz 4 weeks****PD Outdoor activities** | **Co-JO****Outdoor PD activities** | **Co-Jo****Outdoor PD activities** | **Dance Fit****Outdoor PD** | **Co-JO****Outdoor PD activities** | **Athletic skills****Ball games** |
| **REC****Specialist PE** | **Fundamental – balance and co-ordination** | **Multi skills fundamentals** | **Gymnastics****hand eye co-ordination** |  | **Multi skills- movement ABCs**  | **Games- running skills, racquet skills** |
| **Ey Teachers**  | **Hoopstarz 4 weeks** | **Co-JO****Outdoor PD activities** | **Co-jo****Outdoor PD activities** | **Dance Fit****Outdoor PD activities** | **Co-Jo****Ball skills (Gross Motor skills)** | **Ball skills/games****Outdoor PD activities** |
| **Year 1****Specialist PE** | **Fundamentals****ABC** | **Gymnastics:** Animal travel & still shapes | **Gymnastics:** *making shapes (CT)* Core Task sequence | **Multiskills:** Movement ABCs | **Athletic** **activities**  | **Cricket** (Hand /eye coord`- bat & ball ) |
| **Yr 1 Teachers** | **Hoopstarz (4 weeks)** | **Fundamentals****ABC** | **Multi skills** | **Tennis**  | **Outdoor games** | **Sports Day Prep`** Races/field games |
| **Year 2****Specialist PE** | **Fundamentals****ABC** | **Gymnastics:** Rolling & Balance (Large Body Part) | **Gymnastics:** *families of actions* ***(CT)*** | **Multiskills** | **Athletic activities** | **Strike & Field Skills** **& Games** (Various ) |
| **Yr 2 Teachers** | **Hoopstarz (4 weeks)** | **Co-jo** | **Co-jo** |  **Dance Fit** | **Atheltics-Sports Day Prep`** Races/field games | **Co-jo****Games** |
| **Year 3****Specialist PE** | **Invasion Games- Football or T Rugby** | **Gymnastics:** *Small Body Part balance & basic Flight* | **Gymnastics:***Balancing Act* ***(*CT)** | **Indoor Invasion Games** i.e. Netball/ basketball | **Athletic activities**  | **Net Games: Mini Red Tennis** |
| **Yr 3 Teacher** | **Hoopstarz (4 weeks)****Swimming** | **Co-jo****Swimming** | **Co-jo****Swimming** | **Dance Fit****Swimming** | **Cricket****Swimming** | **Athletics****Swimming** |
| **Year 4** **Specialist PE** | **Invasion Games: Football or tag rugby** | **Gymnastics:** match& mirror , weight on hands | **Gymnastics:***Partner work Sequence*  ***(*CT)** | **Invasion games- basketball/ netball**  | **Athletic activities** | **Strike & Field** Tennis/Cricket |
| **Yr 4 Teacher** | **Hoopstarz (4 weeks)****Swimming booster** | **Co-jo****Swimming booster** | **Co-jo****Swimming** | **Dance Fit****Swimming** | **Co-Jo****Swimming** | **Swimming** **athletics** |
| **TSSP Competition/ festivals TBC** | **Multiskills comp School games Yr3/4** |  |  | **Gymnastics competition** | Sports day practise | Tennis and cricket skills festival  |

Year 4 swimming intervention group autumn 1 and 2 (selected non swimmers)