

Brougham Primary School

Long Term Framework - P.E.

Year Groups	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	Running and Jumping Fundamental Movement Skills	Dance and Movement Patterns Fundamental Movement Skills	Balance, Agility and Co-ordination Skipping	Throwing and Catching Football	Attacking and Defending Games Sports Day Games	Achieving my Personal Best and Healthy, Active Lifestyles Rounders
Y1/2						
Y2						
Y3/4 KM	Throwing and Catching Cross Country (1hr)	Attacking and Defending Games Tri-Golf (1hr)	Running and Jumping Tennis(1hr)	Balance, Agility and Co-ordination Quad Kids Athletics(1hr)	Swimming Achieving my Personal Best and Healthy, Active Lifestyles Football(1hr)	Dance and Movement Patterns Kwik Cricket(1hr)
Y3/4 NC	Running and Jumping Jonny Murray (TBC) Cross Country (1hr)	Throwing and Catching Tri-Golf (1hr)	Attacking and Defending Games Tennis(1hr)	Balance, Agility and Co-ordination Quad Kids Athletics (1hr)	Dance and Movement Patterns Football(1hr)	Swimming Achieving my Personal Best and Healthy, Active Lifestyles Kwik Cricket (1hr)
Y3/4 HC	Attacking and Defending Games Jonny Murray (TBC) Cross Country (1hr)	Running and Jumping Tri-Golf (1hr)	Throwing and Catching Tennis(1hr)	Balance, Agility and Co-ordination Quad Kids Athletics(1hr)	Swimming Achieving my Personal Best and Healthy, Active Lifestyles Football(1hr)	Dance and Movement Patterns Kwik Cricket (1hr)

Y5	<p>Running and Jumping (1hr)</p> <p>Cross Country (1hr)</p>	<p>Attacking and Defending Games (1hr)</p> <p>Tag Rugby (1hr)</p> <p><i>To be reviewed due to COVID-19 if needed)</i></p>	<p>Strength and Conditioning (1hr) Jon Spence</p> <p>Throwing and catching (1hr)</p>	<p>Swimming (1hr)</p> <p>Athletics (1hr) Jon Spence</p>	<p>Balance, Agility and Co-ordination- (1hr)</p> <p>Kwik Cricket (1hr)</p>	<p>Dance and Movement Patterns</p> <p>Football (1hr)</p>
Y6	<p>Running and Jumping (1hr)</p> <p>Cross Country (1hr)</p>	<p>Strength and Conditioning (1hr) Jon Spence</p> <p>Throwing and catching (1hr)</p>	<p>Swimming (1hr)</p> <p>Tag Rugby (1hr)</p>	<p>Balance, Agility and Co-ordination-</p> <p>Kwik Cricket (1hr)</p>	<p>Attacking and Defending Games (1hr)</p> <p>Athletics (1hr) Jon Spence</p>	<p>Dance and Movement Patterns</p> <p>Swimming Top up/ Football (1hr)</p>