

Acorns Long Term PE Plan: Cycle A

- * 90 mins of planned curriculum PE per class per week
- * DDMIX resource used for dance
- * Val Sabin used for gymnastics – Val Sabin assessments are at aged 5, 7, 9, 11 so objectives can be taught across a phase
- * Acorns' Sports Coach & Twinkl used for Games & Athletics
- * Marathon Kids offered every lunchtime on a rota basis. Play Leader activities offered every break & lunchtime.

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>	<u>Total terms</u>
<u>EYFS</u>	<p>Teacher-led gross motor session each week Twice weekly Marathon Kids sessions</p> <p>Daily access to the outdoor area, including climbing cubes and tunnel, log stepping stones, mud hill, bikes and trikes, wooden hollow blocks, planks, tyres, crates, bricks, large chalkboard and whiteboard, mud kitchen for pouring, stirring, mixing, mashing and lifting, sand tray with wet or dry sand and a range of containers, spades, rakes, sieves and vehicles, water tray with pump and containers, pipes and guttering with stands, pipettes, funnels and tubing, pull along carts, sack truck, ride on tractors, pushchair, trolley, bats, balls, stilts, ropes, hoops, bean bags and large digging spades for the mud hill.</p>						
	<p>Focused gross motor sessions in the garden or large space indoors, getting to know each child and their capabilities and covering different skills and equipment each week.</p>	<p>Gymnastics (Val Sabin) Introductory Unit and Unit A Travelling</p>	<p>Dance (DDMix)</p>	<p>Gymnastics (Val Sabin) Unit B Stretching and Curling Unit C Travelling and taking weight on different body parts</p>	<p>Games: Fundamental Skills</p> <p>Bikes and trikes on the Orchard track</p>	<p>Athletics</p> <p>Skipping with hoops and ropes</p> <p>Bikes and trikes on the Orchard track</p>	<p>Dance: 0.5 Gym: 1 Games 0.5 Athletics 0.5</p>
<u>Class 1</u>	<p>Games: Ball Skills (Individual Games & Tag Rugby)</p>	<p>Dance: DDMIX Y1 Unit 1/2 (Animal/Jungle, Traditional Tales)</p> <p>Forest School</p>	<p>Dance: DDMIX Y1 Unit 3/4 (Playground Toys/African Animals)</p>	<p>Gymnastics: Val Sabin Y1 Unit D</p> <p>Athletics</p>	<p>Gymnastics: Val Sabin Y2 Unit E</p> <p>Swimming</p>	<p>Gymnastics: Val Sabin Y2 Unit F/G</p> <p>Swimming</p>	<p>Dance: 1 Gym: 1.5 Games: 1 Athletics: 0.5 Forest School: 1 Swimming: 1</p>

	Forest School		Games: Ball Skills & Striking Games (Speedball)				
<u>Class 2</u>	Dance: DDMIX Y3 Unit 1 (African) Games: Tag Rugby	Dance: DDMIX Y4 Unit 2 (Japanese) Games: Basketball	Games: Dodgeball Forest School	Gymnastics: Val Sabin Y4 Unit L Games: tennis Forest School	Gymnastics: Val Sabin Y4 Unit M Athletics Swimming*	Gymnastics: Val Sabin Y4 Unit N/O Games: Striking Sports – rounders Swimming*	Dance: 1 Gym: 1.5 Games: 2.5 Athletics: 0.5 Forest School: 1 Swimming: 1
<u>Class 3</u>	Dance: DDMIX Y5 Unit 1 (Line Dance & Hand Jive) Games: Tag Rugby	Dance: DDMIX Y5 Unit 2 (Arabic) Games: Basketball	Gymnastics: Val Sabin Y6 Unit T Games: Dodgeball	Gymnastics: Val Sabin Y6 Unit U Games: tennis	Gymnastics: Val Sabin Y6 Unit V/W Athletics Swimming* Forest School	Games: Striking Sports – rounders Swimming* Forest School	Dance: 1 Gym: 1.5 Games: 2.5 Athletics: 0.5 Forest School: 1 Swimming: 1

*Swimming will be for those children in KS2 who have not already met the NC requirements in KS1 and out of school swimming lessons (all children are offered swimming in KS1 and the opportunity to continue in KS2 should they need to.)