

ST MICHAEL'S PE SCHEDULE 2019/20

TERM	YEAR 1 & 2 TUESDAYS	EARLY YEARS & RECEPTION
AUTUMN 1	Multi Skills Ball Co-ordination For Dodgeball Festival	Basic Hand/Eye Coordination Multi Skills Working with balls
AUTUMN 2	Creative Movement (Gymnastic based movement)	Creative Movement (Gymnastic based movement)
SPRING 1	Multi Skill Team Invasion Games (Festival Practice)	Multi Skill Team Games How to work together as a team
SPRING 2	Sports Hall Athletics & Football (Practice for Festival)	Sports Day Practice
SUMMER 1	Sports Day Practice Kinder Cricket (for Festival) Kicky Rounders	Multi Skills Festival Practice (Throwing, Coordination, Striking, Catching)
SUMMER 2	Advanced Multi Skills Preparation for Year 2 and 3 Tennis	Multi Skills preparation for KS1

- The lessons work in conjunction with the St Joseph's and Allerdale SSP festival calendars so we can work towards producing teams for those festivals.
- Although Sports Hall Athletics is aimed at KS2 the fundamentals of the lessons will be adapted and will be used across the School as a base for fundamental all round athletic ability for each child throughout the year.
- Sports day practice dates will be adjusted depending on date of School sports day.
- Advanced Multi Skills for KS1 in Summer 2 term is preparation for the following year and basically a way of assessing children for the move up.
- Where possible 2 x After School Clubs (Spring 1 & Summer 2 terms) will focus on supplementing Festival practice.