

ST MICHAEL'S PE SCHEDULE 2022/23

TERM	YEAR 1 & 2 TUESDAYS
AUTUMN 1	Multi Skills Ball Co-ordination Including practice for Festival
AUTUMN 2	Creative Movement (Gymnastic based movement)
SPRING 1	Team Invasion Games & Dodgeball for Festival
SPRING 2	Sports Hall Athletics & Kicky Rounders (Practice for Festival)
SUMMER 1	Sports Day Practice Kicky Rounders (for Festival)
SUMMER 2	Advanced Multi Skills Preparation for Year 2 and 3/ Tennis

- 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.
- As part of Multi Skills we will be having a look at BOCCIA as a way of learning turn taking, patience, teamwork and ball control/judging distance.