

ST MICHAEL'S PE SCHEDULE 2024/25

TERM	YEAR 1 & 2 TUESDAYS
AUTUMN 1	Multi Skills Ball Co-ordination Catching & Throwing
AUTUMN 2	Creative Movement (Gymnastic based movement)/ Target and Judgement/Control based games
SPRING 1	Teamwork based Invasion Games & Dodgeball for Festival
SPRING 2	Athletic Development & Football (Practice for Festival)
SUMMER 1	Sports Day Practice Kicky Rounders (for Festival) (Striking & Fielding)
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 (Athletic Development) 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.
- As requested 2 x After School Clubs (Spring 1 & Summer 2 terms) will be Tennis Clubs.
- BOCCIA will be included in Multi Skills as a way of learning turn taking, patience, teamwork and ball control/judging distance.