

(2025-2026)

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Birkrigg Reception	Parachute and circle time games.  Gymnastics – Fun Gym Shapes.	Games- Fundamental Unit 1.  Gymnastics –Fun Gym Shapes continued.	Games- Fundamental Unit 1 continued.  Gymnastics - Move and Hold.	Dance – Eggs  Gymnastics - Move and Hold. Continued.	Dance- Pirates  Games – Fundamentals Unit 2	Sports Day activities  Games – Fundamentals Unit 2 continued.
Hoad Y1 & Y2 (2025-2026)	HP Activities – sending and receiving.	Fundamentals Games Unit 1 Cambridge Y2	Winter Dances Let’s Move Key steps gymnastics	Gym Points of Contact Y2	Games Fundamentals Y2 Unit 2 Sports day practices	Gym Year 2 Tall, Ball, Wall Cambridge

<p>-</p> <p>Newlands Y3/4</p> <p>*OAA activities each year will vary depending on trip opportunities</p>	<p>Invasion Games – link to hockey</p> <p>Gym – principles of balance</p> <p>Tag Rugby – Barrow Raiders</p>	<p>Fitness training – HP activities</p>	<p>Dance – cold places</p> <p>Swimming</p>	<p>Gymnastics – principles of rotation</p> <p>Football with Brad</p>	<p><u>Athletics - pentathlon</u></p> <p><u>Cricket</u></p>	<p><u>Dance – Greek dance Zorba</u></p>
<p>Newlands Y3/4</p> <p>*OAA activities each year will vary depending on trip opportunities</p>	<p>Dance-Solar Systems</p> <p>Games- Ball handling (links to rugby, netball and basketball)</p>	<p>Fitness-Circuit training/ football</p> <p>(or patterns and pathways gymnastics if only one external provider)</p>	<p>Swimming</p> <p>Gymnastics-Key steps</p>	<p>Tennis skills- HP Activities</p> <p>Dance – Machines</p>	<p>Athletics</p> <p>Gymnastics – Patterns and Pathways</p>	<p>Cricket</p> <p>Gymnastics –Hand Apparatus</p>

Springfield Y5/6	Invasion Games- Hockey-  Dance-	Gymnastics- Paired Composition  Tag Rugby led by Barrow Raiders	HP Activities- football  Dance- Why Bully Me?	Football Lesson led by HP Activities  Gymnastics CSOW- Press & Go	<u>Gymnastics press and go</u>  <u>Rounders</u>	Athletics  Cricket
Springfield Y5/6	Rugby  Games- Football	Gymnastics – Body Symmetry  Fitness Circuit training	HP Activities  Games -Netball	Swimming  Dance – On the Beach	OOA  Gymnastics- Group Work	Cricket  Athletics – Decathlon

## Birkrigg/Hoad Contingency Long Term Plan PE 2024/25

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Birkrigg (Rec/Y1)</b>	<b>Dance</b> – ‘Knights, Castles and Dragons’. <b>Games</b> Fundamentals Unit 1.	Parachute games. <b>Dance</b> – ‘Great Fire of London’, ‘Twas the Night before Christmas’. <b>Gymnastics</b> Jumping Jacks.	Key Steps gymnastics practice. <b>Gymnastics</b> – Finish Jumping Jacks if necessary. Explore big apparatus.	Key Steps gymnastics practice. <b>Gymnastics</b> Rock and Roll	<b>Dance</b> – British folk dance. <b>Games</b> Finish any of Fundamentals 1 before moving on to Unit 2.	Sports Day practice <b>Games</b> Fundamentals Unit 2  Multi skills?
<b>Hoad (Y2)</b>	Autumn DancesHarvest BBC Let’s Move	Fundamentals Games Unit 1 Cambridge Y2	Gym: Points of Contact Y2 Cambridge	Dance : Magical Friendships Year2 Cambridge	Games Fundamentals Y2 Unit 2 Sports day practices	Gym Year 2 Tall, Ball, Wall Cambridge