

P.E. Curriculum		Newstead Primary School P.E. Cycle A			IMPLEMENTATION	
	Striver units of work are used to implement P.E.					
	Autumn Term		Spring Term		Summer Term	
Reception/ Year 1	Gymnastics 1 Games 1 Mindfulness Sleep	Dance 2 Games 2 Mindfulness Nutrition	Gymnastics 2 Games 3 Mindfulness Personal care	Dance 1 Games 4 Mindfulness Yoga	Gymastics 3 Games 5 Mindfulness yoga	Dance 3 Athletics Mindfulness yoga
Year 1/2	Gymnastics 1 Games 1 Mindfulness Sleep	Dance 2 Games 2 Mindfulness Nutrition	Gymnastics 2 Games 3 Mindfulness Personal care Teamwork	Dance 1 Games 4 Mindfulness Yoga	Gymnastics 3 Games 5 Mindfulness Yoga	Dance 3 Athletics Mindfulness Yoga
Year 3/4	Gymnastics 1 Basketball Mindfulness Nutrition	Dance 3 Handball Mindfulness Sleep Teamwork	Gymnastics 2 Rounders Mindfulness Personal care	Dance 1 Tennis Mindfulness Yoga	Gymnastics 3 Cricket Mindfulness Yoga	Dance 2 Athletics Mindfulness Yoga
Year 4/5	Gymnastics 1 Hockey Mindfulness Nutrition	Dance 1 Netball Mindfulness Team work	Gymnastics 2 Football Mindfulness Sleep Personal care	Dance 2 Tag rugby Mindfulness Yoga	Gymnastics 3 Cricket Mindfulness Yoga	Dance 3 Athletics Mindfulness Yoga
Year 6	Gymastics 1 Basketball	Dance 1 Handball	Gymnastics 2 Rounders	Dance 2 Tennis	Gymnastics 3 Outdoor adventure	Dance 3 Athletics

	Mindfulness Sleep Personal care	Mindfulness Nutrition	Mindfulness Team work	Mindfulness Yoga	Mindfulness Yoga	Mindfulness Yoga
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P.E. Cycle B

	Striver units of work are used to implement P.E.					
	Autumn Term		Spring Term		Summer Term	
Reception/ year 1	Agility, Space & Movement Gymnastics (Balance) Mindfulness Yoga	Ball Skills Dance- Fairy Tales Mindfulness Yoga	Gymnastics 1 Catching & Throwing Mindfulness Teamwork	Dance Minibeasts Skill Based Challenges Mindfulness Personal care	Gymnastics 2 Games 1 Mindfulness Nutrition	Dance Farm Athletics Yoga Mindfulness
Year 1/2	Gymnastics 1 Games 1 Mindfulness Sleep	Dance 1 Games 2 Mindfulness Nutrition	Gymnastics 2 Games 3 Mindfulness Yoga	Dance 2 Games 4 Mindfulness Yoga	Gymnastics 3 Games 5 Mindfulness Yoga	Dance 3 Athletics Mindfulness Yoga
Year 3/4	Gymnastics 1 Hockey Mindfulness Sleep	Dance 1 Netball Mindfulness Nutrition	Gymnastics 2 Football Mindfulness Personal care Team work	Dance 3 Tag rugby Mindfulness Yoga	Gymnastics 3 Cricket Yoga Mindfulness	Dance 2 Athletics Mindfulness Yoga
Year 4/5	Gymnastics 1 Basketball Mindfulness Team work	Dance 2 Handball Mindfulness	Gymnastics 2 Rounders Mindfulness Nutrition	Dance 3 Tennis Mindfulness	Gymnastics 3 Cricket Mindfulness Yoga	Dance 1 Athletics Mindfulness

		Personal care Sleep		yoga		Yoga
Year 6	Gymnastics 1 Basketball Mindfulness Sleep Personal care	Dance 1 Handball Mindfulness Nutrition	Gymnastics 2 Rounders Mindfulness Team work	Dance 2 Tennis Mindfulness Yoga	Gymnastics 3 Outdoor adventure Mindfulness Yoga	Dance 3 Athletics Mindfulness Yoga