**Curriculum PE, Daily Physical Activity and Active Playtimes**

KS1 - 5 x 30 minute sessions

The Foundation stage has further opportunities for Physical activity in their curriculum time.

KS2 – 2 x45 minute sessions and 1 x 30 minute session

Children also participate in 10 minutes of Daily Physical Activity, which includes activities such as aerobics, skipping or any activity within any curriculum area in which the children are active for 10 minutes.

All children are encouraged to be active at playtimes, year 5 and two members of staff have attended a course led by the School Sport Partnership. The play ground leaders set up activities and encourage other children t be active.

**PE - LONG TERM PLANS – THE GROVE SCHOOL**

|  |  |  |  |
| --- | --- | --- | --- |
|  | **Autumn** | **Spring** | **Summer** |
| **Foundation**  **Year 1**  **Year 2** | Leap into Life  Divided into 4 strands;  Aesthetic movement  Functional movement  Manipulative skills  Movement concepts | Leap into Life  Divided into 4 strands;  Aesthetic movement  Functional movement  Manipulative skills  Movement concepts | Leap into Life  Divided into 4 strands;  Aesthetic movement  Functional movement  Manipulative skills  Movement concepts |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn** | | **Spring** | | **Summer** | |
| **Year 3** | Dance | Gym | Dance | Net/wall | Athletics | Athletics |
| Invasion | Dance | Gym | Invasion | Gym | Striking |
| Invasion | Dance | Gym | Swim | Swim | Net wall |
| **Year 4** | Dance | Gym | Dance | Invasion | Athletics | Athletics |
| Invasion | Dance | Gym | Gym | Net/wall | Striking |
| Invasion | Dance | Swim | Outdoor | Net wall | Striking |
| **Year 5** | Dance | Dance | Dance | Net/wall | Net/wall | Striking |
| Invasion | Invasion | Gym | Gym | Athletics | Athletics |
| Swim | Gym | Invasion | Outdoor | Dance | Striking |
| **Year 6** | Dance | Gym | Invasion | Net/wall | Dance | Athletics |
| Invasion | Invasion | Gym | Net/wall | Dance | Striking |
| Striking | Swim | Gym | Gym | Dance | Dance |

**Invasion Games**

Children will experience a wide range of games which include, High 5 netball, tag-rugby, handball, hockey and football.

**Striking and Fielding Games**

Cricket, rounders, Dartmoor Threeball

**Net / Wall Games**

Tennis and Badminton