

Year group	Topic 1	Equipment	Time	Spaces available	People
EYFS/Nursey	<p><b><u>Fundamentals: Unit 1</u></b></p> <p>In this unit children will develop their fundamental movement skills through the topic of 'all about me'. Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling. Children will develop gross motor skills through a range of activities. They will learn how to stay safe using space, working independently and with a partner.</p> <p><b><u>Health and Safety</u></b> Ensure the teaching space is clear before beginning and that children are suitably dressed to participate. Any unused equipment must be stored in a safe place.</p>	30 x Bean bags 30 x Hula Hoops 10 x Mini hurdles 10 x Skipping ropes 30 x Cones	60 mins	Infant hall School Field Lewis Playground Dahl Playground Rowling Playground	Class teachers
Year 1	<p><b><u>Fitness</u></b></p> <p>Pupils will take part in a range of fitness activities to develop components of fitness. Pupils will begin to explore and develop agility, balance, co-ordination, speed and stamina. Pupils will be given the opportunity to work independently and with others. Pupils will develop perseverance and show determination to work for longer periods of time.</p> <p><b><u>Health and Safety</u></b> Ensure pupils are fully warmed up and prepared for the lesson. Teach the pupils how to behave and move in a safe way both with and without equipment. Ensure that all equipment is stored safely when not in use.</p>	60 x Cones 30 x Hula Hoops 8 x XL Skipping Ropes 30 x Skipping Ropes 4 x Small Hurdles 5 x Speed Ladder 10 x Team Bands 2 x Benches Speed Bounce Mats 30 x Pencils	60 mins	Infant hall School Field Lewis Playground Dahl Playground Rowling Playground	Class teachers

Year 2	<p><b><u>Fitness</u></b></p> <p>Pupils will take part in a range of fitness activities to develop components of fitness. Pupils will begin to explore and develop agility, balance, co-ordination, speed and stamina. Pupils will be given the opportunity to work independently and with others. Pupils will develop perseverance and show determination to work for longer periods of time.</p> <p><b><u>Health and Safety</u></b></p> <p>Ensure pupils are fully warmed up and prepared for the lesson. Teach the pupils how to behave and move in a safe way both with and without equipment. Ensure that all equipment is stored safely when not in use.</p>	60 x Cones 30 x Hula Hoops 8 x XL Skipping Ropes 30 x Skipping Ropes 4 x Small Hurdles 5 x Speed Ladder 10 x Team Bands 2 x Benches Speed Bounce Mats 30 x Pencils	60 mins	Infant hall School Field Lewis Playground Dahl Playground Rowling Playground	Class teachers
Year 3	<p><b><u>Fitness</u></b></p> <p>Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn to understand different components of fitness; speed, stamina, strength, coordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve their fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas for improvement and suggest activities that they could do to do this. Pupils will be encouraged to work safely and with control when performing new tasks.</p> <p><b><u>Health and Safety</u></b></p> <p>Encourage the pupils to focus on their own results and to identify where they see areas to improve. Try to avoid pupils comparing themselves with others in the class and to work within their own capabilities. All actions need to be performed with control.</p>	35 x Cones 30 x Pencils 30 x Skipping Ropes 10 x XL Skipping Ropes 1 x Stop Watch 30 x Tennis Balls 6 x Hula Hoops 6 x Small Hurdles	60 mins	Infant hall School Field Lewis Playground Dahl Playground Rowling Playground	Class teachers

Year 4	<p><b><u>Fitness</u></b></p> <p>Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn to understand different components of fitness; speed, stamina, strength, coordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve their fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas for improvement and suggest activities that they could do to do this. Pupils will be encouraged to work safely and with control when performing new tasks.</p> <p><b><u>Health and Safety</u></b></p> <p>Encourage the pupils to focus on their own results and to identify where they see areas to improve. Try to avoid pupils comparing themselves with others in the class and to work within their own capabilities. All actions need to be performed with control.</p>	<p>35 x Cones  30 x Pencils  30 x Skipping Ropes  10 x XL Skipping Ropes  1 x Stop Watch  30 x Tennis Balls  6 x Hula Hoops  6 x Small Hurdles</p>	60 mins	<p>Infant hall  School Field  Lewis Playground  Dahl Playground  Rowling Playground</p>	Class teachers
Year 5	<p><b><u>Fitness</u></b></p> <p>Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn different components of fitness including speed, stamina, strength, coordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve their fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas in which they make the most improvement using the data they have collected.</p> <p><b><u>Health and Safety</u></b></p> <p>Encourage the pupils to focus on their own results and to identify where they see areas to improve. Try to avoid pupils comparing themselves with others in the class and to work within their own capabilities. All actions need to be performed with control.</p>	<p>45 x Cones  30 x Pencils  30 x Skipping Ropes  10 x XL Skipping Ropes  9 x Stop Watch  5 x Team Bands  2 x Benches  12 x Floor Spots  3 x Bean Bags  3 x Playground Balls</p>	60 mins	<p>Infant hall  School Field  Lewis Playground  Dahl Playground  Rowling Playground</p>	Class teachers

Year 6	<p><b><u>Fitness</u></b> Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn different components of fitness including speed, stamina, strength, coordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve their fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas in which they make the most improvement using the data they have collected.</p> <p><b><u>Health and Safety</u></b> Encourage the pupils to focus on their own results and to identify where they see areas to improve. Try to avoid pupils comparing themselves with others in the class and to work within their own capabilities. All actions need to be performed with control.</p>	45 x Cones 15 x Pencils 30 x Skipping Ropes 10 x XL Skipping Ropes 9 x Stop Watch 5 x Team Bands 2 x Benches 12 x Floor Spots 3 x Bean Bags 3 x Playground Balls	60 mins	Infant hall School Field Lewis Playground Dahl Playground Rowling Playground	Class teachers
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**Planning resources**

**Get Set 4 PE:**

**Log on: your school email address.....@suttonparkprimary.co.uk**