|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 1** | **Hiit**  (physical Fitness) | [**Gym**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Body%20Management/Y1%20Body%20Management.pdf?csf=1&e=sYLljy)  Body Management | [**Gym**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Athletics/Y1%20Athletics,%20Indoor%20Autumn%202.pdf?csf=1&e=6o4DUi)  Floor Exercises | [**Gym**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Gym%20-Flight/Y1%20Gym%20Flight.pdf?csf=1&e=J6NGZn)  Flight | [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Net%20-%20Wall%20Games/Net%20-%20Wall%20Games%20Summer%201.pdf?csf=1&e=jmNOsh)  Net/Wall | [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Sending%20And%20recieveing/Net%20-%20Sending%20and%20Receiving%202%20Summer%202.pdf?csf=1&e=enluc1)  Sending + Receiving |
| [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Locomotion/Y1%20Locomotion%20Autumn.pdf?csf=1&e=jMMjcH)  Locomotion | [**Athletics**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Athletics/Y1%20Athletics,%20Indoor%20Autumn%202.pdf?csf=1&e=6o4DUi)  Indoor | [**Dance**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Performance%20Dance/Y1%20Performance%20Dance%20Spring%201.pdf?csf=1&e=csGcRK)  Performance Dance | [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Object%20Control/Y1%20Object%20Control%20Spring%202.pdf?csf=1&e=hfZPLr)  Object control | [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Sending%20And%20recieveing/Net%20-%20Sending%20and%20Receiving%201%20Summer%201.pdf?csf=1&e=FqpVx4)  Sending + Receiving | [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Locomotion/Y1%20Locomotion%20summer%202.pdf?csf=1&e=vI2u6d)  Locomotion |
| **Year 2** | **Hiit**  (physical Fitness) | [**Gym**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Performance%20Dance/Y2%20Performance%20Dance%20Spring%201.pdf?csf=1&e=cLbqcS)  Body Management | [**Gym**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Gym%20-%20Floor/Y2%20GYM,%20Floor%20Spring%201.pdf?csf=1&e=bs80nx)  Floor Exercises | [**Dance**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Performance%20Dance/Y2%20Performance%20Dance%20Spring%201.pdf?csf=1&e=cLbqcS)  Performance Dance | [**Gym**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Gym%20-Flight/Y2%20Gym%20Flight%20Spring%202.pdf?csf=1&e=67odxB)  Flight | [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Locomotion/Y2%20Locomotion%20summer%202.pdf?csf=1&e=2tUM84)  Locomotion |
| [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Object%20Control/Y2%20Object%20Control%20AUTUMN%201.pdf?csf=1&e=9cqHia)  Object Control | [**Athletics**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Athletics/Y2%20Athletics,%20Indoor%20Autumn%202.pdf?csf=1&e=L0YaP8)  Indoor/outdoor | [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Sending%20And%20recieveing/Sending%20and%20Receiving%20Spring%202.pdf?csf=1&e=Qcmqr3)  Sending and Receiving | [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Net%20-%20Wall%20Games/Y2%20Net%20-%20Wall%20Games%20Summer%201.pdf?csf=1&e=TltIxJ)  Net/Wall | [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Locomotion/Y2%20Locomotion%20summer%202.pdf?csf=1&e=2tUM84) Locomotion -Agility | [**Athletics**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Athletics/Y2%20Athletics,%20Indoor%20Autumn%202.pdf?csf=1&e=L0YaP8) |
| **Year 3** | **Hiit**  (physical Fitness) | [**Gym**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Body%20Management/Y3%20Body%20Management%20Autumn.pdf?csf=1&e=Paa9S7)  Body Management | [**Gym**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Gym%20-%20Floor/Y3%20GYM,%20Floor%20Spring%201.pdf?csf=1&e=X1GtfX)  Floor Exercises | [**Gym**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Gym%20-Flight/Y3%20Gym%20Flight%20Spring%202.pdf?csf=1&e=jenx3r)  Flight | [**Swimming**](https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study/national-curriculum-in-england-physical-education-programmes-of-study) | [**Swimming**](https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study/national-curriculum-in-england-physical-education-programmes-of-study) |
| [**Games**](file:///C:/Users/pfarman/OneDrive%20-%20OasisZone/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Games%20-%20Invasion/Y3%20Games%20-%20Invasion%20Autumn.pdf)  Invasion  IHC Benchball | [**Athletics**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Athletics/Y3%20Athletics,%20Indoor%20Autumn%202.pdf?csf=1&e=dpeZzC)  Indoor/outdoor  IHC – Throwing comp | [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Games%20-%20Invasion/Y3%20Games%20-%20Invasion%20Spring%202.pdf?csf=1&e=qGckd5)  Invasion 2  IHC football/hockey | [**Athletics**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Athletics/Y3%20Athletics%20Summer%201.pdf?csf=1&e=7PFDwv)  IHC – Throwing zone | [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Net%20-%20Wall%20Games/Y3%20Net%20-%20Wall%20Games%20Summer%201.pdf?csf=1&e=8d7WQS)  Net/Wall  IHC – Rolling match play | [**Athletics**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Athletics/Y3%20Athletics%20Summer%202.pdf?csf=1&e=9JqitP)  IHC – Team throw |
| **Year 4** | [**Swimming**](https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study/national-curriculum-in-england-physical-education-programmes-of-study) | [**Swimming**](https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study/national-curriculum-in-england-physical-education-programmes-of-study) | [**Swimming**](https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study/national-curriculum-in-england-physical-education-programmes-of-study) | [**Swimming**](https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study/national-curriculum-in-england-physical-education-programmes-of-study) | [**Swimming**](https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study/national-curriculum-in-england-physical-education-programmes-of-study) | [**Swimming**](https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study/national-curriculum-in-england-physical-education-programmes-of-study) |
| **Hiit**  (physical Fitness) | [**Athletics**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Athletics/Y4%20Athletics,%20Indoor%20Autumn%202.pdf?csf=1&e=sbrN0x)  Indoor/outdoor  IHC – Throwing comp | [**Gym**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Gym%20-%20Floor/Y4%20GYM,%20Floor%20Spring%201.pdf?csf=1&e=oU0uIx)  Floor Exercises | [**Gym**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Gym%20-Flight/Y4%20Gym%20Flight%20Spring%202.pdf?csf=1&e=rmtR34)  Flight | [**Athletics**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Athletics/Y4%20Athletics%20Summer%201.pdf?csf=1&e=NgAFdG)  IHC – Throwing zone | [**Athletics**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Athletics/Y4%20Athletics%20Summer%202.pdf?csf=1&e=UJQ9zK)  (Sport day prep)  IHC – Throwing zone |
| **Year 5** | **Hiit**  (physical Fitness) | [**Gym**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Body%20Management/Y4%20Body%20Management%20Autumn.pdf?csf=1&e=XBzlM0)  Body Management | [**Dance**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Performance%20Dance/Y5%20Performance%20Dance%20Spring%201.pdf?csf=1&e=nvbiaP)  Performance Dance | **OAA** | [**Gym**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Gym%20-Flight/Y5%20Gym%20Flight%20Spring%202.pdf?csf=1&e=pexgl5)  Flight | [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Striking%20%26%20Fielding/Y5%20Striking%20%26%20Fielding%20Summer%202.pdf?csf=1&e=jOS9iV)  Striking & fielding  IHC – Mini cricket |
| [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Games%20-%20Invasion/Y5%20Games%20-%20Invasion%20Autumn.pdf?csf=1&e=enww3w)  Invasion  IHC – Benchball/basis netball | [**Athletics**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Athletics/Y5%20Athletics,%20Indoor%20Autumn%202.pdf?csf=1&e=XapTCF)  IHC – Long distance run | **[Games](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Games%20-%20Invasion/Y5%20Games%20-%20Invasion%20Spring%202.pdf?csf=1&e=f6eLcG)**  Invasion 2  IHC football/hockey | [**Athletics**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Athletics/Y5%20Athletics%20Summer%201.pdf?csf=1&e=6UKyC8) | [**Game**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Net%20-%20Wall%20Games/Y5%20Net%20-%20Wall%20Games%20Summer%201.pdf?csf=1&e=TfcrYy)  Net wall  IHC – Rolling match play | [**Athletics**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Athletics/Y5%20Athletics%20Summer%202.pdf?csf=1&e=0XeOMa)  (Sport day prep)  IHC – Team events |
| **Year 6** | **Hiit o**  (physical Fitness) | [**Gym**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Body%20Management/Y6%20Body%20Management%20Autumn.pdf?csf=1&e=hf9fHV)  Body Management | [**Gym**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Gym%20-%20Floor/Y6%20GYM,%20Floor%20Spring%201.pdf?csf=1&e=z47EJb)  Floor Exercises | [**Gym**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Gym%20-Flight/Y6%20Gym%20Flight%20Spring%202.pdf?csf=1&e=caZSlw)  Flight | [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Net%20-%20Wall%20Games/Y6%20Net%20-%20Wall%20Games%20Summer%201.pdf?csf=1&e=FgJHTx)  Net/Wall  IHC – Rolling match play | [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Striking%20%26%20Fielding/Y6%20Striking%20%26%20Fielding%20Summer%202.pdf?csf=1&e=ncjw6n)  Striking & fielding  IHC – Scatterball |
| [**Games**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Games%20-%20Invasion/Y6%20Games%20-%20Invasion%20Autumn%201pdf.pdf?csf=1&e=61MFTN)  Invasion  IHC Benchball | [**Athletics**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Athletics/Y6%20Athletics,%20Indoor%20Autumn%202.pdf?csf=1&e=ybwKap)  Indoor  IHC – Team run | [**Dance**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Performance%20Dance/Y6%20Performance%20Dance%20Spring%201.pdf?csf=1&e=S8UPRM)  Performance Dance | **OAA** | [**Athletics**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Athletics/Y6%20Athletics%20Summer%201.pdf?csf=1&e=D39Zwa)  IHC – Team throw | [**Athletics**](https://oasisit-my.sharepoint.com/:b:/r/personal/paul_farman_oasishendersonavenue_org/Documents/All%20files/PEW/PE%20KS1%20%26%20KS2%20Planning/KS1%20and%202%20SoW/Athletics/Y6%20Athletics%20Summer%202.pdf?csf=1&e=pc368Y)  IHC – Fitness test |
| [**\*\*Top up swimming\*\***](https://www.gov.uk/government/publications/national-curriculum-in-england-physical-education-programmes-of-study/national-curriculum-in-england-physical-education-programmes-of-study) | |

IHC – Intra house Competition opportunities

Inclement Weather Provision

*If the weather doesn’t allow your class to go out for PE and the hall is in use, then please use the following suggestion below to do active movement in your classroom (Please ensure that if your year group has sport Coaches that you also leave them with these option too – Please remember they are not class teachers, so still allocate TA’s to support behaviour and ensure the classroom is useable)*

*More resources to follow.*

Yoga

Yoga for indoor Pe (shared drive) when the weather is inclement and staff unable to go out\*\* or when needed for mindfulness (driver)

<https://www.youtube.com/watch?v=Td6zFtZPkJ4>

<https://www.youtube.com/user/CosmicKidsYoga>

Aerobic/Hiit sessions

<https://www.bbc.co.uk/teach/supermovers>

<https://www.youtube.com/results?search_query=joe+wicks+clasroom>

Active Classrooms

<https://app.gonoodle.com> (Set up an account)

<https://www.bbc.co.uk/teach/supermovers>