



DESS PE Curriculum Plan 2016 – 2017

		Unit 1	Unit 2	Unit 3	Unit 4	Unit 5
Dates		28/8 – 6/11 (10 weeks)	13/11 – 8/1 (7 weeks)	15/1 – 19/3 (9 weeks)		9/4 – 18/6 (11 weeks)
Year Group	Facility	Activity	Activity	Activity	Activity	Activity
FS1	Pool & Dry	Swim	Games Introduction to movement	Games & Sports Day Prep	Swim	Swim
Dates		28/8 – 23/10 (8 weeks)	30/10 – 15/1 (Week 22/1 – Sports Days) (10 weeks)	29/1 – 19/3 (7 weeks)	9/4 – 7/5 (Week 23/4 – FS2 open swim) (Week 30/4 – KS1/2 House swim) (5 weeks)	14/5 – 18/6 (6 weeks)
FS2	Pool & Dry	Swim	Swim	Games Partner work & patterns	Swim	Swim
		Games Introduction to movement/Cool kids assessments	Running, Jumping & Throwing (Sports Day prep)	Games Ball skills circuits	Games Mini-Games	Gymnastics (Exploratory approach, shapes and movement)
Year 1	Pool & Dry	Swim	Swim	Games Partner work & games circuits	Swim (Gala Prep)	Swim
		Games Ball skills	Running, Jumping & Throwing (Sports Day prep)	Games Bat & Ball skills	Games Mini-Games	Gymnastics (Balancing, Travelling & Rolling)
Year 2	Pool & Dry	Swim	Swim	Games Partner work & games circuits	Swim (Gala Prep)	Swim
		Games Ball skills	Running, Jumping & Throwing (Sports Day prep)	Games Striking skills & Mini-Games	Games Mini-Games	Gymnastics (Basic sequence, pair work)
Year 3	Pool & Dry	Swim	Invasion Games Netball - Girls Football - Boys	Swim	Swim (Gala Prep)	Swim (Water skills, personal survival)
		Indoor Athletics/HRF	Athletics (Sports Day Prep)	Games Basketball	Games Striking & Fielding	Gymnastics
Year 4	Pool & Dry	Swim Fitness	Invasion Games Netball - Girls Football - Boys	Swim	Swim (Gala Prep)	Swim (Water skills, personal survival)
		Indoor Athletics/HRF	Athletics (Sports Day Prep)	Games Basketball	Games Striking & Fielding	Gymnastics
Year 5	Pool & Dry	Swim Fitness/Aquathlon	Invasion Games Football - Girls Touch Rugby - Boys	Swim (Stroke development)	Swim (Gala Prep)	Gymnastics (Flight & Floor sequences)
		Indoor Athletics/HRF	Athletics (Sports Day Prep)	Games Basketball	Games Striking & Fielding	Games Net Games & Alternative
Year 6	Pool & Dry	Swim Fitness/Aquathlon	Invasion Games Football - Girls Touch Rugby – Boys	Swim (Stroke development)	Swim (Gala Prep)	Gymnastics (Flight & vaulting)
		Indoor Athletics/HRF	Athletics (Sports Day Prep)	Games Basketball	Games Striking & Fielding	Games Net Games & Alternative