



Houghton St. Giles C.E Primary Academy

PE Cycles of learning



Cycles of Learning

	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
RECEPTION	Sports Xplorers Fast Freddie	Sports Xplorers Fast Freddie + 2 weeks Dance consolidating skills learnt	Sports Xplorers Handy Harry	Sports Xplorers Handy Harry + 2 weeks Dance consolidating skills learnt	Sports Xplorers Balancing Bella	Sports Xplorers Balancing Bella + 2 weeks Dance consolidating skills learnt

2021-22	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Key Stage One	Outdoor: Multi-Skills: Throwing and catching Indoor: Gymnastics: Animals	Outdoor: Invasion games: At the fair Indoor: Dance: Starry skies	Outdoor: Attacking and defending Indoor: Circuit training	Outdoor: Multi-Skills: Bat and ball Indoor: Dance: The seasons	Outdoor: Multi-Skills: Running and jumping Indoor: Gymnastics: Traditional tales	Outdoor: Multi-Skills: Sports day Indoor: Yoga
Lower Key Stage Two	Outdoor: Invasion games: Fundamentals Indoor: Gymnastics: Movement	Outdoor: Invasion games: Football Indoor: Dance: Rainforest	Outdoor: Dance: Romans Indoor: Circuit training	Outdoor: Striking and fielding: Fundamentals Indoor: Dance: Extreme Earth	Outdoor: OAA Indoor: Gymnastics: Shape	Outdoor: Athletics Indoor: Net and Wall games: Fundamentals
Upper Key Stage Two Year 5	Outdoor: Invasion games: Basketball Indoor: Gymnastics: Movement	Outdoor: Invasion games Indoor: Dance: The Haka	Outdoor: Net and wall games: Tennis Indoor: Circuit training	Outdoor: Athletics Indoor: Gymnastics: Shape and balance: Space	Outdoor: OAA Indoor: Dance: WW2	Outdoor: Striking and fielding: Rounders Indoor: Dance
Upper Key Stage Two Year 6	Outdoor: Invasion games: Netball Indoor: Swimming	Outdoor: Dance: Electricity Indoor: Swimming	Outdoor: Striking and fielding games Indoor: Circuit training	Outdoor: Athletics Indoor: Gymnastics: Movement	Outdoor: OAA Indoor: Gymnastics: Rivers and mountains	Outdoor: Net and wall games: Volleyball Indoor: Dance workout

2022-23	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Key Stage One	Outdoor: Multi-Skills: Throwing and catching Indoor: Gymnastics: Landscapes and cities	Outdoor: Invasion games Indoor: Dance: The Gunpowder plot	Outdoor: Attacking and defending Indoor: Circuit training	Outdoor: Multi-Skills: Bat and ball Indoor: Dance: Plants	Outdoor: Multi-Skills: Target games Indoor: Gymnastics: Under the sea	Outdoor: Animal Olympics Indoor: Dance: Toys
Lower Key Stage Two	Outdoor: Invasion games Indoor: Gymnastics: Movement	Outdoor: Invasion games: Hockey Indoor: Dance: Carnival of animals	Outdoor: Net and Wall games: Badminton Indoor: Circuit training	Outdoor: Striking and fielding: Fundamentals Indoor: Dance: water	Outdoor: OAA Indoor: Gymnastics: Shape and balance: Ancient Egypt	Outdoor: Striking and fielding games: Cricket Indoor: Athletics
Upper Key Stage Two Year 5	Outdoor: Invasion games: Basketball Indoor: Gymnastics: Movement	Outdoor: Invasion games Indoor: Dance: The Haka	Outdoor: Net and wall games: Tennis Indoor: Circuit training	Outdoor: Athletics Indoor: Gymnastics: Shape and balance: Space	Outdoor: OAA Indoor: Dance: WW2	Outdoor: Striking and fielding: Rounders Indoor: Dance
Upper Key Stage Two Year 6	Outdoor: Invasion games: Netball Indoor: Swimming	Outdoor: Dance: Electricity Indoor: Swimming	Outdoor: Striking and fielding games Indoor: Circuit training	Outdoor: Athletics Indoor: Gymnastics: Movement	Outdoor: OAA Indoor: Gymnastics: Rivers and mountains	Outdoor: Net and wall games: Volleyball Indoor: Dance workout