

Games Year 1

Week	Theme	Unit
1.	Block 1	Focus on ball skills and games - Lesson 1
2.		Focus on ball skills and games - Lesson 2
3.		Focus on ball skills and games - Lesson 3
4.		Focus on ball skills and games - Lesson 4
5.		Focus on ball skills and games - Lesson 5
6.		Focus on ball skills and games - Lesson 6
7.		Team Building
8.	Block 2	Throwing & Catching - Lesson 1
9.		Throwing & Catching - Lesson 2
10.		Throwing & Catching - Lesson 3
11.		Throwing & Catching - Lesson 4
12.		Throwing & Catching - Lesson 5
13.		Throwing & Catching - Lesson 6
14.		Team Building
15.	Team Building	
16.	Block 3	Bat & Ball skills - Lesson 1
17.		Bat & Ball skills - Lesson 2
18.		Bat & Ball skills - Lesson 3
19.		Bat & Ball skills - Lesson 4
20.		Bat & Ball skills - Lesson 5
21.		Bat & Ball skills - Lesson 6
22.		Team Building
23.	Team Building	
24.	Block 4	Developing Partner work - Lesson 1
25.		Developing Partner work - Lesson 2
26.		Developing Partner work - Lesson 3
27.		Developing Partner work - Lesson 4
28.		Developing Partner work - Lesson 5
29.		Developing Partner work - Lesson 6
30.		Team Building
31.	Team Building	
32.	Block 5	Athletics - Lesson 1
33.		Athletics - Lesson 2
34.		Athletics - Lesson 3
35.		Athletics - Lesson 4
36.		Athletics - Lesson 5
37.		Athletics - Lesson 6
38.		Team Building
39.	Team Building	

PE Year 1

Week	Theme	Unit
1.	Block 1	Gymnastics (Flight) - Lesson 1
2.		Gymnastics (Flight) - Lesson 2
3.		Gymnastics (Flight) - Lesson 3
4.		Gymnastics (Flight) - Lesson 4
5.		Gymnastics (Flight) - Lesson 5
6.		Gymnastics (Flight) - Lesson 6
7.		Fitness
8.	Block 2	Dance - Lesson 1
9.		Dance - Lesson 2
10.		Dance - Lesson 3
11.		Dance - Lesson 4
12.		Dance - Lesson 5
13.		Dance - Lesson 6
14.		Fitness
15.	Fitness	
16.	Block 3	Gymnastics (Rocking & Rolling) - Lesson 1
17.		Gymnastics (Rocking & Rolling) - Lesson 2
18.		Gymnastics (Rocking & Rolling) - Lesson 3
19.		Gymnastics (Rocking & Rolling) - Lesson 4
20.		Gymnastics (Rocking & Rolling) - Lesson 5
21.		Gymnastics (Rocking & Rolling) - Lesson 6
22.		Fitness
23.	Fitness	
24.	Block 4	Dance - Lesson 1
25.		Dance - Lesson 2
26.		Dance - Lesson 3
27.		Dance - Lesson 4
28.		Dance - Lesson 5
29.		Dance - Lesson 6
30.		Fitness
31.	Fitness	
32.	Block 5	Gymnastics (Wide - Narrow - Curled) - Lesson 1
33.		Gymnastics (Wide - Narrow - Curled) - Lesson 2
34.		Gymnastics (Wide - Narrow - Curled) - Lesson 3
35.		Gymnastics (Wide - Narrow - Curled) - Lesson 4
36.		Gymnastics (Wide - Narrow - Curled) - Lesson 5
37.		Gymnastics (Wide - Narrow - Curled) - Lesson 6
38.		Fitness
39.	Fitness	