

**Prior Weston PE overview**

Year		Intro Lesson	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1	Teacher							
	PE Specialist	Base Line Testing	Multi-Skills- Awareness of space, safety in PE	Multi-Skills-	Gymnastics- Travelling	Dance- Simple movement patterns	Multi Skills	Mini Athletics
	Class teacher		Multi-Skills- Focus Agility. Awareness of space.	Multi-Skills- Throwing, catching, dribbling a ball	Games- receiving hands and feet	Multi Skills Games- sending, kicking and striking	Bat and Ball Skills	Mini Tennis- Aegon Tennis DVD
2	PE Specialist		Multi-Skills	Multi-Skills	Multi-skills with Arsenal coaches	Multi-skills with Arsenal coaches	Striking and Fielding- hitting and striking	Mini Athletics- running, jumping and hopping
	Class Teacher		Multi-Skills- Focus Agility. awareness of space	Multi-Skills- Throwing, catching, dribbling a ball	Gymnastics- Balance	Dance- Communicating moods and feelings	Mini Athletics- Elevating athletics website	Mini Tennis Aegon Tennis DVD
3	PE Specialist		Invasion games- creating space	Invasion Games- Passing	Gymnastics- Travelling with a change	Dance- Exploring cultural dances	Striking and Fielding	Tennis Aegon Tennis DVD
	Class Teacher		Multi-Skills: Focus- Agility,	OAA- problem			Inclusion /Paralympic	Athletics

			Balance and Coordination	solving CAAPS resource (PE cupboard)			Games	
	Swimming				Tuesday 2-3pm	Tuesday 2-3pm		
4	PE specialist		Multi-Skills: Focus- Agility, Balance and Coordination	Invasion Games	Gymnastics- Receiving body weight	Dance- BBC Radio Romans	Athletics- Elevating athletics website	Striking and Fielding
	Class Teacher				Invasion Games	OAA- problem solving CAAPS resource (PE cupboard)	Tennis Aegon Tennis DVD	Paralympic/Inclusion Sport
	Swimming		Thursday 2-3pm	Thursday 2-3pm				
5	PE Specialist		Multi-Skills: Focus- Agility, Balance and Coordination	Dance- Formations in historical dance	Invasion Games- Middlesex Cricket	Gymnastics- Flight	Athletics Elevating athletics website	Striking and Fielding- Rounder's
	Class Teacher		Football with Arsenal Coaches	Football with Arsenal Coaches	OAA- Problem Solving/Map Skills CAAPS resource (PE cupboard)	Paralympic Sports	Striking and Fielding- Cricket	Athletics
6	PE Specialist		Gymnastics- Flight	Invasion Games	Tennis- External Coach	OAA- Problem Solving/Map Skills	Athletics Elevating athletics	Athletics

						CAAPS resource (PE cupboard)	website	
	Class Teacher		Multi-Skills: Focus- Agility, Balance and Coordination	Paralympic Sports	Dance	Striking and Fielding	Football with Arsenal Coaches	Football with Arsenal Coaches