

Subject Overview – Physical Education

VISION

At St Thomas’ we endeavour to support and promote excellence through PE whilst ensuring healthy lifestyles and the opportunity for all children to engage in regular competitive sport and activities, therefore developing competency across a broad range of physical activities. St Thomas’ nurtures and encourages all children to realise their personal best and to fulfil their potential in the academic, sporting and performing opportunities provided in and out of school. By promoting PE at our school, we aim to develop an enjoyment of PE for all children; enable children to develop physically, cognitively and socially; and develop physical skills, habits and interests that will promote a healthy lifestyle.

COVERAGE – At a glance to be used in conjunction with year group medium term plans

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| Class | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
| Class 1One Goal takes both sessions | FundamentalsSuperheroes | FundamentalsFairy Tales | FundamentalsGymnastics(Inside) | FundamentalsExploring | FundamentalsSeasons | FundamentalsTransports |
| Class 2 | FundamentalsBalance, jumping etc | FundamentalsBalance, jumping | FundamentalsCircuits(Inside) | Fundamentals Circuits(Inside) | Fundamentals | Fundamentals |
| Class Teacher | Dance seasons | Christmas performance - dance | Year 1 Gymnastics | Year 2 Gymnastics | Dance Outside Cross Curricular  | Athletics Get ready for sports day |
| Class 3 | Dodgeball | Rugby | Basketball | hockey | Cricket/Rounders | Athletics  |
| Class Teacher  | Gymnastics Year 2 | Christmas performance - dance | Year 3 Gymnastics  | Dance Outside Cross Curricular | Dance Outdoors  | Athletics Get ready for sports day |
| Class 4 | Dodgeball | Rugby | Basketball | hockey | Cricket/Rounders | Athletics  |
| Class Teacher | Dance Ballet | Christmas performance - dance | Gymnastics | Swimming | Swimming | Swimming |
| Class 5 | Dodgeball | Rugby | Basketball | hockey | Cricket/Rounders | Athletics  |
| Class Teacher  | Dance Street dance | Gymnastics Year 5 | Gymnastics Year 6 | HITT Class  | Dance Outside  | Athletics and Performance dance for show |