**Whitegate PE Plan for 22/23 school year**

**Half Term 1-**

* **Key stage 1- Fundamental skills** (running, jumping, coordination and problem-solving activities)
* **Key Stage 2- Football** (Teamwork, passing, shooting, attacking and defending) then eventually combine the skills and put them into match practice

**Half Term 2-**

* **Key Stage 1- Fundamental skills** (Focus on rolling, throwing and catching)
* **Key Stage 2- Basketball (**Teamwork, hand eye coordination and movement skills and understanding the different positions in basketball)

**Half Term 3-**

* **Key Stage 1- Gymnastics/Dodgeball** (Balance, coordination, flexibility, throwing and catching continued)
* **Key Stage 2- Dodgeball** (Throwing and catching skills and leading into game related activities)

**Half Term 4-**

* **Key Stage 1- Team Games** (Focusing on communication and teamwork and learning why in team sports its so important to communicate and work together)
* **Key Stage 2- Hockey** (Passing, shooting, attacking and defending, also learning the different positions in hockey and then going into match practice)

**Half Term 5-**

* **Key Stage 1&2 - Athletics** (Preparing for sports day and also any athletics competitions)
* **Shot put, Sprint, Javelin, Discuss, Long Jump, Triple Jump, Relay Race, Hurdles, Bean bag relay race**

**Half Term 6-**

* **Key Stage1&2 - Rounders and cricket** (Combining all the skills learnt throughout the year to learn the basic and fundamentals of cricket and rounders)
* **KS2 will focus more on game related activities**