



P.E.			
Class 1	Autumn	Spring	Summer
Cycle A	Dance and gymnastics: Perform dances using simple movement patterns. Participate in team games, developing simple tactics for attacking and defending	Swimming	Athletics Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.  Racket skills
Cycle B	Dance and gymnastics: Perform dances using simple movement patterns. Participate in team games, developing simple tactics for attacking and defending	Swimming	Athletics Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities  Racket skills



P.E.			
Class 2	Autumn	Spring	Summer
Cycle A	<p>-Football -Netball -Dance - Tag rugby</p> <p><u>Inspirational figures: Pele, Messi, Ronaldo, Mary Earps (Football), Anna Pavlova, Fred Astaire (dance), English roses rugby and netball team</u></p>	<p>-Swimming</p> <p>Inspirational figures: Michael Phelps and Mark Spitz (swimming).</p>	<p>-Tennis -Cricket -Outdoor adventures</p> <p>Inspirational figures: Serena and Venus Williams, Federer, Andy Murray (tennis), Brian Lara (cricketer), <u>English women's cricket team.</u></p>
Cycle B	<p>-football and netball -Gymnastics - Tag Rugby</p> <p><u>Inspirational figures: Pele, Messi, Ronaldo, Mary Earps, (Football), Simone Biles (gymnast), British gymnastics and netball team</u></p>	<p>-Swimming</p> <p>Inspirational figures: Simone Biles (gymnast), Michael Phelps and Mark Spitz (swimming).</p>	<p>-Rounders -Athletics -Outdoor adventures</p> <p>Inspirational figures: Serena and Venus Williams, Federer, Andy Murray (tennis), Brian Lara (cricketer), Jesse Owens, Mo Farah, Cathy Freeman, Usain Bolt (running).</p>



# Lamerton C of E Academy



<p><b>Cycle C</b></p>	<p><b>-Football and Netball</b> <b>-Dance</b> <b>-Tag Rugby</b> Inspirational figures: <a href="#">Pele, Messi, Ronaldo, Mary Earps (Football), Anna Pavlova, Fred Astaire (dance), Jonah Lomu, Jonny Wilkson (rugby), English Roses Rugby</a></p>	<p><b>-Swimming</b></p> <p>Inspirational figures: Michael Phelps and Mark Spitz (swimming),</p>	<p><b>-Tennis and Cricket</b> <b>-Outdoor adventures</b></p> <p>Inspirational figures: Serena and Venus Williams, <a href="#">Federer, Emma Raducanu, Andy Murray (tennis), Brian Lara (cricketer), English women's cricket team.</a></p>
<p><b>Cycle D</b></p>	<p><b>-Football and Netball</b> <b>-Gymnastics</b> <b>Tag Rugby</b>  <a href="#">Inspirational figures: Pele, Messi, Ronaldo, Mary Earps, (Football), Simone Biles (Gymnastics), British Gymnastics team, womens' rugby and football teams</a></p>	<p><b>-Swimming</b></p>	<p><b>-Rounders</b> <b>-Athletics</b> <b>-Outdoor adventures</b></p> <p>Current Paralympians, Jesse Owens, Mo Farah, Cathy Freeman, Usain Bolt (running).</p>



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