

MJS PHYSICAL EDUCATION – WHOLE SCHOOL PROGRAMME
 (2 lessons per week – 60 minutes per lesson)

(Updated March 2023)

YEAR GROUP	AUTUMN		SPRING		SUMMER	
Year 6	Indoor Athletics	Gymnastics	Striking & Fielding Games (Rounders, Cricket)	Striking & Fielding Games (Rounders, Cricket)	Gymnastics	Dance
	Cross Curricular Orienteering	Invasion Games (Football, Tag Rugby, Dodgeball, Netball)	Invasion Games (Football, Tag Rugby, Dodgeball, Netball)	Outdoor Athletics	Striking & Fielding Games (Rounders, Cricket)	Cross Curricular Orienteering
Year 5	Indoor Athletics	Gymnastics	Dance	Striking & Fielding Games (Rounders, Cricket)	Gymnastics	Striking & Fielding Games (Rounders, Cricket)
	Cross Curricular Orienteering	Invasion Games (Football, Tag Rugby, Dodgeball, Netball)	Invasion Games (Football, Tag Rugby, Dodgeball, Netball)	Outdoor Athletics	Striking & Fielding Games (Rounders, Cricket)	Cross Curricular Orienteering
Year 4	Indoor Athletics	Dance	Gymnastics	Striking & Fielding Games (Rounders, Cricket)	Gymnastics	Striking & Fielding Games (Rounders, Cricket)
	Cross Curricular Orienteering	Invasion Games	Invasion Games (Football, Tag Rugby, Dodgeball, Netball)	Outdoor Athletics	Striking & Fielding Games (Rounders, Cricket)	Cross Curricular Orienteering
Year 3	Dance	Indoor Athletics	Gymnastics	Outdoor Athletics	Gymnastics	Striking & Fielding Games (Rounders, Cricket)
	Cross Curricular Orienteering	Invasion Games (Football, Tag Rugby, Dodgeball, Netball)	Swimming	Swimming	Swimming	Swimming

Annual breakdown of activities (Number of sessions)						
	Games	Dance	Athletics	Outdoor & Adventurous (O & A)	Gymnastics	Swimming
Year 6	5	1	2	2	2	0
Year 5	5	1	2	2	2	0
Year 4	4	1	2	1	2	2
Year 3	2	1	2	1	2	4
Total	16	4	8	6	8	6

Outdoor and Adventurous will be covered during LOtC sessions.