**** **Our Lady Star of the Sea**

**PE Curriculum**

**Cycle A**

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| Autumn |
| Week | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| Class 1 | Health Related Fitness and Tennis | Health Related Fitness and Gymnastics | Revisit Recap  |
| Class 2 | Multi Skills | Ball Familiarisation- hands | Revisit Recap  |
| Class 3 | Indoor Athletics and Rugby | Netball and Football | Revisit Recap  |
| Class 4 | Indoor Athletics and Rugby | Netball and Football | Revisit Recap  |
| Spring |
| Week | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| Class 1 | Dance and Attack vs. Defence | Handball and Rounders |
| Class 2 | Gymnastics and Cricket | Dance |
| Class 3 | Gymnastics and Hockey | Tennis and Dance |
| Class 4 | Gymnastics and Swimming | Tennis and Dance |
| Summer |
| Week | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| Class 1 | Athletics and Football | Athletics and OAA |
| Class 2 | Ball Familiarisation- feet | Athletics and OAA |
| Class 3 | Cricket and Health Related Fitness | Athletics and OAA |
| Class 4 | Cricket and Health Related Fitness | Athletics and OAA |