

EYFS	To be used whenever deemed appropriate
List Of Resources	<p style="text-align: center;">Foundation Stage Planning Val Sabin Resources Available in Games/Gymnastics NGB Formats for Level 1 Competition Top Resource Cards UK Athletics 5-7 Year Olds Twinkl Move</p>

PE Year 1	Term 1		Term 2		Term 3	
	Block 1	Block 2	Block 1	Block 2	Block 1	Block 2
Indoor Main Resources	Gymnastics Val Sabin Unit D Twinkl Move Traditional Tales	Gymnastics Val Sabin Unit E Twinkl Move Animals	Gymnastics Val Sabin Unit F	Dance Val Sabin Twinkl Move	Gymnastics Val Sabin Unit G	O&A RCS Unit 1 Lessons 1-6
Indoor Supplementary Resources	Top Gymnastics	Top Gymnastics			Top Gymnastics	
Outdoor Main Resources	Athletics Val Sabin Unit 1 Twinkl Move Running and Jumping	Games Skills Val Sabin Unit 1 Twinkl Move Christmas	Games Skills Val Sabin Unit 2 Twinkl Move Attacking and Defending/Invasion Games	Games Skills Val Sabin Unit 3 Twinkl Move - Bat and Ball	Games Skills BISI Badminton Unit 1	Athletics Val Sabin Unit 2
Outdoor Supplementary Resources	UK Athletics Primary Age 5-7 Top Athletics					UK Athletics Primary Age 5-7 Top Athletics
Suggested End of Unit Competition (unless no clarity needed)	Val Sabin Team Comp A	Boccia	Handball	Mini Tennis	Badminton The Racket Pack	Val Sabin Indiv Comp B

There is flexibility within this plan at teachers discretion. However the teacher must ensure that the amount of units of each strand are delivered. External coaching sessions, poor weather and Level 2 competition preparation are key examples when flexibility is required. Some 'Indoor' could also be delivered outdoors at the teacher's discretion.

PE Year 2	Term 1		Term 2		Term 3	
	Block 1	Block 2	Block 1	Block 2	Block 1	Block 2
Indoor Main Resources	Gymnastics Val Sabin Twinkl Move Under The Sea	Games Skills BISI Badminton Unit 2 Twinkl Move Bat and Ball	Dance Val Sabin Twinkl Move	Gymnastics Val Sabin Twinkl Move Landscapes and Cityscapes	Gymnastics Val Sabin	Judo
Indoor Supplementary Resources	Top Gymnastics			Top Gymnastics	Top Gymnastics	
Outdoor Main Resources	Athletics Val Sabin Unit 1	Games Skills Val Sabin Unit 1 Twinkl Move Throwing and Catching	Games Skills Val Sabin Unit 3 Twinkl Move Invasion Games	Games Skills Val Sabin Unit 1 and 4	Athletics Val Sabin Unit 2	O&A RCS Unit 1 Lessons 7-12
Outdoor Supplementary Resources	UK Athletics Primary Age 5-7 Top Athletics				UK Athletics Primary Age 5-7 Top Athletics	
Suggested End of Unit Competition (unless no clarity needed)	Val Sabin Team Comp A	Handball, Netball, Basketball	Unihoc, Football	NGB Format Folder	Val Sabin Indiv Comp B	

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PE Year 3	Term 1		Term 2		Term 3	
	Block 1	Block 2	Block 1	Block 2	Block 1	Block 2
Indoor Main Resources	Gymnastics Val Sabin - any unit Twinkl Move	Dance Val Sabin Twinkl Move	Gymnastics Val Sabin - any unit Twinkl Move	Judo	Gymnastics Val Sabin - any unit Twinkl Move	O&A RCS Unit 2 Lessons 1-6 Twinkl Move Outdoor Adventures
Indoor Supplementary Resources	Top Gymnastics		Top Gymnastics		Top Gymnastics	Top Outdoors
Outdoor Main Resources	Athletics Val Sabin Unit 1 Twinkl Move Year 3 Athletics	Games Skills Quicksticks Hockey Year 3 Unit Twinkl Move Invasion Games	Games Skills Mini Tennis Val Sabin Unit 3	Games Skills Basketball Val Sabin Unit 1	Games Skills Kwik Cricket Val Sabin Unit 4 Twinkl Move Striking and Fielding	Athletics Val Sabin Unit 2 Twinkl Move Year 3 Athletics
Outdoor Supplementary Resources	UK Athletics Primary 7-9 Top Athletics		LTA Aegon OOSH Toolkit Ages 7-9 LTA Aegon Activity Cards Set 1			UK Athletics Primary 7-9 Top Athletics
Suggested End of Unit Competition/ Team Trials	Gymnastics Key Steps Routines	Hockey	Mini Tennis	Basketball	Kwik Cricket	Athletics

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PE Year 4	Term 1		Term 2		Term 3	
	Block 1	Block 2	Block 1	Block 2	Block 1	Block 2
Indoor Main Resources	Gymnastics Val Sabin - any unit Twinkl Move	Dance Val Sabin Twinkl Move	Judo	Gymnastics Val Sabin - any unit Twinkl Move	Gymnastics Val Sabin - any unit Twinkl Move	O&A RCS Unit 2 Lessons 7-12 Twinkl Move Outdoor Adventurous Activities
Indoor Supplementary Resources	Top Gymnastics			Top Gymnastics	Top Gymnastics	Top Outdoors
Outdoor Main Resources	Athletics Val Sabin Unit 1 Twinkl Move Athletics	Games Skills UniHoc Quicksticks Hockey Year 4 Unit Twinkl Move Hockey	Games Skills Mini Tennis Val Sabin Unit 1	Games Skills Basketball Val Sabin Unit 3 Twinkl Move Invasion Games	Athletics Val Sabin Unit 2 Twinkl Move Athletics	Games Skills Kwik Cricket Val Sabin Unit 4
Outdoor Supplementary Resources	UK Athletics Primary 7-9 Top Athletics		LTA Aegon Activity Cards Set 2		UK Athletics Primary 7-9 Top Athletics	
Suggested End of Unit Competition/ Team Trials	Gymnastics Key Steps Routines	Hockey	Mini-Tennis	Basketball	Athletics	Kwok-Cricket

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PE Year 5	Term 1		Term 2		Term 3	
	Block 1	Block 2	Block 1	Block 2	Block 1	Block 2
Indoor Main Resources	Gymnastics Val Sabin - any unit Twinkl Move	Dance Val Sabin Twinkl Move	Gymnastics Val Sabin - any unit Twinkl Move	Games Skills Badminton Val Sabin Unit 1 Bisi Badminton Unit 3-4	Swimming	O&A RCS Unit 3 Lessons 1-6
Indoor Supplementary Resources	Top Gymnastics		Top Gymnastics			Top Outdoors
Outdoor Main Resources	Athletics Val Sabin Unit 1-2 Twinkl Move Athletics	Games Skills Hockey Val Sabin Unit 3 Quicksticks Hockey Year 5 Unit	Games Skills Netball Val Sabin Unit 2 Twinkl Move Invasion Games	Judo	Games Skills Tag Rugby RFU Mini Tag Stages 1-3	Games Skills Kwik Cricket Val Sabin Unit 4 Twinkl Move Striking and Fielding
Outdoor Supplementary Resources	UK Athletics Primary 9-12 Top Athletics					Inter Cricket Resource Pack
Suggested End of Unit Competition/ Team Trials	Atheletics	Hockey	Gymnastics	Badminton The Racket Pack	Swimming	Kwik Cricket

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PE Year 6	Term 1		Term 2		Term 3	
	Block 1	Block 2	Block 1	Block 2	Block 1	Block 2
Indoor Main Resources	Gymnastics Val Sabin - any unit Twinkl Move	Judo	Dance Val Sabin Twinkl Move	Gymnastics Val Sabin - any unit Twinkl Move	Games Skills Volleyball Val Sabin Unit 2	O&A RCS Unit 3 Lessons 7-12
Indoor Supplementary Resources	Top Gymnastics		Top Gymnastics			Top Outdoors
Outdoor Main Resources	Athletics Val Sabin Unit 1-2 Twinkl Move Athletics	Games Skills Hockey Val Sabin Unit 1 Twinkl Move Invasion Games	Games Skills Tri-Golf Golf Resource Pack	Games Skills Tag Rugby Val Sabin Unit 4	Games Skills Netball Val Sabin Unit 4 Twinkl Move Netball	Kwik Cricket Val Sabin Unit 3 Twinkl Move Striking and Fielding
Outdoor Supplementary Resources	UK Athletics Primary 9-12 Top Athletics	Quicksticks Hockey Year 6 Unit		RFU Mini Tag Stages 4-6		Inter Cricket Resource Pack
Suggested End of Unit Competition/ Team Trials	Athletics	Hockey	Tri-Golf	Gymnastics	Netball	Kwik-Cricket

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