

Surrey Hills PE Recovery Curriculum Autumn Term 2020

Autumn Term				
	Term 1 – September –October		Term 2-November -December	
Reception	Dance Nursery Rhymes All about me	Games – fundamental movement skills - locomotion	Dance Strictly	Games – fundamental movement skills and ball skills
Year 1	Dance Nursery Rhymes All about me	Games – fundamental movement skills- locomotion	Dance Strictly	Games – fundamental movement skills and ball skills
Year 2	Dance Mouse and Monster	Games – fundamental movement skills and ball skills	Dance Strictly	Games – fundamental movement skills and ball skills
Year 3 2020-21	Dance Healthy Me Circus	Sportshall Athletics And Health Related Fitness	Dance Strictly	Skill based games skills Fitness Circuits
Year 4	Dance Healthy Me Circus	Sportshall Athletics And Health Related Fitness	Dance Strictly	Skill based games skills Fitness Circuits
Year 5	Dance Healthy Me Urban freestyle	Sportshall Athletics	Dance Strictly	Skill based games skills Fitness Circuits
Year 6	Dance Healthy Me Urban Freestyle	Sportshall Athletics	Dance Strictly	Skill based games skills Fitness Circuits
All Years	Active Breaks at least once per day for all children. Sign up for your time slot to run/walk jog laps of the track - personal challenge In addition please use some meditation/ yoga type activity for mental health at least once a week Active lunchtimes and break times			
All Years	Monthly Personal Best challenges: <ul style="list-style-type: none"> Virtual inter schools cross country for Year 3/4/5/6 Virtual multi skills Year R/1/2 			