



INSPIRE NURTURE BELIEVE ACHIEVE

Working together to be the best that we can be.

Happiness

Perserverance

Resilience

Kindness

Friendship

Respect

PE Resource Appendix

All Areas:

- <https://www.sasp.co.uk/schemes-of-work> - lesson ideas
- <https://www.cne-siar.gov.uk/media/5213/p1-7-multi-activity-booklet.pdf> - multi-skill games
- <https://www.thepeshed.com/> - lesson idea and cross curricular games
- <https://plprimarystars.com/resources> - lesson ideas for ball games
- 30 things to do in 30 minutes – saved on teams
- 'Go Play' A programme to promote being physically active
- <https://www.youthsporttrust.org/pe-home-learning> - Learning videos and activities
- <https://www.tscsportsanddance.co.uk/resources/sessionplan/curriculumlessonplans.pdf> - lesson ideas for all areas
- <http://www.thinkactive.org/cyp/school-games-virtual-challenge/> - mixed challenges
- <https://www.manorprimary.com/usr/docs/2017/5/PE%20Autumn%20Y1-Y3.pdf> – lesson ideas for all areas

Yoga:

- <https://www.youtube.com/user/CosmicKidsYoga> - Cosmic Kids Yoga
- Sitting on a Chicken – 52 Yoga games for Primary Schools
- <https://primarysite-prod-sorted.s3.amazonaws.com/callington-primary-school/UploadedDocument/00e64fe0c55741c5b053be3145997541/yoga-poses-powerpoint.pdf> - Pose Posters
- Yoga Pretzel Cards
- <https://www.youtube.com/watch?v=X655B4ISakg> – Yoga Video Workouts

Outdoor Adventurous Activities:

- <file:///server/staff/stbartlett/Downloads/Team%20Building%20Activities.pdf.pdf> - activities
- https://www.britishorienteering.org.uk/school_games - ideas and resources
- <https://peumbrella.com/wp-content/uploads/2020/01/Crack-the-codes-pdf.pdf> - activity
- <https://www.sasp.co.uk/schemes-of-work> - lesson plans

Ball Skills:

- <https://www.nhsggc.org.uk/media/249162/ball-skills-activity-sheet.pdf> - activities
- https://striver-challenge.com/wp-content/uploads/2016/02/Handball_LKS2.pdf - planning for 3/4
- <https://www.golf-foundation.org/media/1377/school-games-toolkit.pdf> - tri-golf resources

Agility and Balance Through Gymnastics:

- <https://www.thepespecialist.com/gymnastics/> - lesson ideas
- https://www.brighton-hove.gov.uk/sites/brighton-hove.gov.uk/files/Key_Step_Gymnastics%20Resource%20Pack_0.pdf – guide to primary gymnastic
- Gymnastics Resource cards – saved on teams
- <https://www.keypesports.co.uk/teacher-login/uploads/Year-6/year-6-gymnastics-lessons-1-6.pdf> - Lesson ideas for year 5/6 gymnastics

Fundamental Movement Skills:

- <https://www.bbc.co.uk/teach/super movers> - active videos
- <https://app.gonoodle.com/> - active videos
- <https://www.ukcoaching.org/resources/topics/expert-opinions/encouraging-fundamental-movement-skills-children> - activities
- <https://www.twinkl.co.uk/search?term=fundamental+movement+skills> – resources
- <https://ccea.org.uk/learning-resources/developing-fundamental-movement-skills> - resources

Ways of Traveling and Movement Through Dance:

- <https://nationalschoolpartnership.com/initiatives/rio-2/> - Carnival themed KS2 dance lessons
- <https://primaryschooldance.co.uk/wp-content/uploads/2018/09/Pirate-Jig-FREE-lesson-plan.pdf> - Pirate themed dance lessons

- <https://www.fit-to-dance.com/resources/resources-schools> - lesson ideas

Throwing, Running, Jumping in Isolation and Combination:

- <https://www.twinkl.co.uk/resources/new-2014-curriculum-resources-physical-education/new-2014-curriculum-resources-physical-education-key-stage-2/new-2014-curriculum-resources-physical-education-key-stage-2-use-running-jumping-throwing-and-catching-in-isolation-and-in-combination> - resource cards and lesson ideas
- <http://www.trumacar.lancs.sch.uk/wp-content/uploads/2015/06/Y56-A3-PE-Medium-term-question-planner-for-athletics.pdf> - lesson ideas for 5/6
- <https://www.twinkl.co.th/search?term=athletics> – lesson ideas
- <https://www.thegrid.org.uk/learning/pe/ks1-2/resources/#athletics> - planning

Striking and Fielding:

- https://thephysicaleducator.com/game_category/strikingfielding/ - game ideas
- <https://www.peprimary.co.uk/index.php/download/gymnastic-lesson-plans-eyfs-unit-1-4-2-3-2-2-2-2-2-2-2-2-2-2-2-2-2-2-2-3-2-2-2-3-3-2-2-2-2-3-2-2-2-2/> - challenge ideas for 3/4
- <https://brendenisteaching.com/swap/entry.php?id=447> – LKS2 planning ideas
- <https://www.playsport.net/skill/strikingfielding> - games

Net and Wall Games:

- <https://www.playsport.net/skill/netwall> - Play Sports game suggestions
- https://thephysicaleducator.com/game_category/netwall/ - Games suggestions
- <https://www.tennisfoundation.org.uk/wp-content/uploads/2016/03/Primary-School-Handbook.pdf> - tennis planning ideas

Fitness:

- <https://www.stmatthewscephprimary.com/ks2-circuit-training-resource-cards/> - circuit training resource cards
- <https://www.nhs.uk/10-minute-shake-up/shake-ups> - change for life resources
- <https://primariesite-prod-sorted.s3.amazonaws.com/berkswich-ce-vc-primary-school/UploadedDocument/29312905f6ab48f39c3b5f166a992074/home-activity-ideas-primary.pdf> - games and activities
- <https://ukactivekids.com/movecrew/> - active videos
- North Yorkshire Sport Challenges – saved on teams

Young Leaders:

- <https://www.sasp.co.uk/playground-leaders> - Planning and Resources
- Sports Leader Level 1 Book – saved on teams
- Play Leader activities – saved on teams

Invasion and Competitive Games:

- https://thephysicaleducator.com/game_category/invasion/ - game ideas
- Top sport games – saved on teams
- <https://www.pomeroyshpe.com/tgfuivasiongamesunitplans.html> - how to videos
- <https://kidactivities.net/7-fun-invasion-games-for-gym-class/> - game ideas
- <https://tgfu.weebly.com/invasion-games.html> - skills explained
- http://www.pru.northumberland.sch.uk/storage/secure_download/R3IQV0ZKSURTYzREMGJsUDhMUGVUUT09 - planning for year 3/4