

**Whole school curriculum coverage of MBS/PE topics (2 year curriculum)**

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| **Class** | **Autumn** | **Spring**  | **Summer** |
| All groups Year 1 | Games - Personal safety: Safety outside + Yoga & meditation(week 1)Games - Personal safety: Working with others + Yoga & meditation(week 2)Games - Personal safety: Healthy eating and Personal Hygiene + Yoga & meditation (week 3)Games - Personal safety: Social Safety + Yoga & meditation (week 4)Games - Personal safety: Safety within the community + Yoga & meditation (week 5)Games - Personal safety: My body + Yoga & meditation (week 6)Games - Personal safety: NSPCC - my body belongs to me + Yoga & meditation (week 7)Games - Personal safety: Safety outside (British Law) + Yoga & meditation (week 8)Games - Personal safety: Working with others + Yoga & meditation (week 9)Games - Personal safety: Safety within the home + Yoga & meditation (week 10)Games - Personal safety: Social Safety (Team work) + Yoga & meditation (week 11)Games - Personal safety: Negative Relationships + Yoga & meditation (week 12)Games - Personal safety: Designing and exercise routine + Yoga & meditation (week 13)Games - Personal safety: Saying no + Yoga & meditation (week 14) | Multi-skills: Bat and Ball + Yoga & meditation(weeks 1-3)Net and Wall games: basketball + Yoga & meditation (weeks 4-6)Throwing and Catching + Yoga & meditation (weeks 7-8)Team games (T Ball) + Yoga & meditation (weeks 9-10)Throwing and Bowling + Yoga & meditation(weeks 11-12) | Gymnastics + Yoga & meditation (weeks 1-3)Team Games + Yoga & meditation (weeks 4-5)Co ordination games + Yoga & meditation (weeks 6-10)Fitness + Yoga & meditation (weeks 11)Resilience + Yoga & meditation (weeks 12-13) |
| All groups Year 2 | Invasion / scoring games + Yoga & meditation - Football (weeks 1 - 4)Invasion + Yoga & meditation - Netball (weeks 5-7)Invasion Games + Yoga & meditation - Tag rugby (weeks 8-14) | Gymnastics + Yoga & meditation (weeks 1-6)Circuit training + Yoga & meditation (weeks 7-12) | Dance + Yoga & meditation (weeks 1-4)Striking and fielding + Yoga & meditation (weeks 5-7)Multiskills + Yoga & meditation (weeks 8-10)Athletics + Yoga & meditation (weeks 11 -13) |