

PPA P.E. Overview - Autumn I

Foundations

Year Group:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 1 P.P.A.	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing - Coordination*	A.B.C. - Controlling & Passing - Kicking - Striking - Balance *	A.B.C. - Skipping -Speed *	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing - Strength & Power *	A.B.C. - Controlling & Passing - Kicking - Striking - Agility *	A.B.C. - Jumping - Throwing (Target) - Balancing - Running
Year 2 P.P.A.	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing - Balance*	A.B.C. - Controlling & Passing - Kicking - Striking - Strength & Power *	A.B.C. - Skipping - Coordination	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing - Agility *	A.B.C. - Controlling & Passing - Kicking - Striking - Speed *	A.B.C. – Jumping - Throwing (Target) - Balancing - Running
Year 3 P.P.A. * Also includes Swimming. Please see KS2 Swimming timetable	A.B.C. / Basketball - Agility - Coordination - Control / Ball Skills	A.B.C. / Football - Speed - Balance - Control / Ball Skills	A.B.C. / Netball - CV Circuit - Strength & Power - Team Play	A.B.C. / Tennis - Balance - Co-ordination - Ball Skills - Technique	A.B.C. / Athletics - Speed - Agility - Strength & Power	A.B.C. / Rounders - Game Play
Year 4 P.P.A. * Swimming	A.B.C. / Basketball - Co-ordination - Speed	A.B.C. / Athletics - Agility - Balance	A.B.C. / Hockey - Strength & Power - Ball Skills - Team Play	A.B.C. / Hockey - CV Circuit - Strength & Power	A.B.C. / Cricket - Co-ordination - Speed - Ball Skills - Technique	A.B.C / Athletics - CV Circuit - Game Play
Year 5 P.P.A. * Swimming	A.B.C. / Football - Speed - Agility - Team play	A.B.C. / Athletics - Co-ordination - Balance -Technique	A.B.C. / Hockey - Team Play - Technique - Speed	A.B.C. / Cricket - Ball Control / Skills - Co-ordination - Technique	A.B.C. / Athletics - CV Circuit - Strength & Power - Endurance	A.B.C. / Athletics - CV Circuit - Speed & Strength - Endurance
Year 6 P.P.A. * Swimming	A.B.C. / Football - CV Circuit - Endurance - Speed	A.B.C. / Athletics - CV Circuit - Endurance - Power & Strength	A.B.C. / Hockey - CV Circuit - Endurance - Agility	A.B.C. / Cricket - CV Circuit - Endurance - Co-ordination	A.B.C. / Athletics - CV Circuit - Endurance - Balance	A.B.C. / Athletics - CV Circuit - Endurance - Team Play

P.P.A. - Run by Wesley (Coach), Siobhan (T.A.) and James (T.A.) A.B.C. – Agility, Balance & Co-ordination skills * Swimming - As P.P.A timetable for Key Stage 2
 Overview changed to reflect inter schools competition times for Campsbourne and Year 3, 4, 5 & 6 group teams to be selected from classes.



PPA P.E. Overview - Autumn 2

Up-Level / Progression of Skills

Year Group:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 1 P.P.A.	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing	A.B.C. - Controlling & Passing - Kicking - Striking	A.B.C. - Skipping	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing	A.B.C. - Controlling & Passing - Kicking - Striking	A.B.C. - Jumping - Throwing (Target) - Balancing - Running
Year 2 P.P.A.	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing	A.B.C. - Controlling & Passing - Kicking - Striking	A.B.C. - Skipping - Coordination	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing	A.B.C. - Controlling & Passing - Kicking - Striking	A.B.C. - Jumping - Throwing (Target) - Balancing - Running
Year 3 P.P.A. * Also includes Swimming. Please see KS2 Swimming timetable	A.B.C. / Basketball - Agility - Coordination - Control / Ball Skills	A.B.C. / Football - Speed - Balance - Control / Ball Skills	A.B.C. / Netball - CV Circuit - Strength & Power - Team Play	A.B.C. / Tennis - Balance - Co-ordination - Ball Skills - Technique	A.B.C. / Athletics - Speed - Agility - Strength & Power	A.B.C. / Rounders - Game Play
Year 4 P.P.A. * Swimming	A.B.C. / Basketball - Co-ordination - Speed	A.B.C. / Athletics - Agility - Balance	A.B.C. / Hockey - Strength & Power - Ball Skills - Team Play	A.B.C. / Hockey - CV Circuit - Strength & Power	A.B.C. / Cricket - Co-ordination - Speed - Ball Skills - Technique	A.B.C. / Athletics - CV Circuit - Game Play
Year 5 P.P.A. * Swimming	A.B.C. / Football - Speed - Agility - Team play	A.B.C. / Athletics - Co-ordination - Balance - Technique	A.B.C. / Hockey - Team Play - Technique - Speed	A.B.C. / Cricket - Ball Control / Skills - Co-ordination - Technique	A.B.C. / Athletics - CV Circuit - Strength & Power - Endurance	A.B.C. / Athletics - CV Circuit - Speed & Strength - Endurance
Year 6 P.P.A. * Swimming	A.B.C. / Football - CV Circuit - Endurance - Speed	A.B.C. / Athletics - CV Circuit - Endurance - Power & Strength	A.B.C. / Hockey - CV Circuit - Endurance - Agility	A.B.C. / Cricket - CV Circuit - Endurance - Co-ordination	A.B.C. / Athletics - CV Circuit - Endurance - Balance	A.B.C. / Athletics - CV Circuit - Endurance - Team Play

P.P.A. - Run by Wesley (Coach), Siobhan (T.A.) and James (T.A.) A.B.C. – Agility, Balance & Co-ordination skills * Swimming - As P.P.A timetable for Key Stage 2
 Overview changed to reflect inter schools competition times for Campsbourne and Year 3, 4, 5 & 6 group teams to be selected from classes.



PPA P.E. Overview - Spring I

Integrating Specific Area Progressions

Year Group:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 1 P.P.A.	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing - Coordination & Agility	A.B.C. - Controlling & Passing - Kicking - Striking - Ball Skills	A.B.C. - Skipping - Speed - Agility - Power & Speed	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing - Co-ordination	A.B.C. - Controlling & Passing - Kicking - Striking	A.B.C. - Jumping - Throwing (Target) - Balancing - Running - Overview Strength & Power
Year 2 P.P.A.	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing - Balance -Speed	A.B.C. - Controlling & Passing - Kicking - Striking - Co-ordination - Agility	A.B.C. - Balance - Strength - Power Core	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing - Ball Skills - Co-ordination	A.B.C. - Controlling & Passing - Kicking - Striking - Hand/Eye Co-ordination - Speed - Object Skills CV Circuit & Endurance	A.B.C. – Jumping - Throwing (Target) - Balancing - Running - Overview Object & Ball Skills
Year 3 P.P.A. * Also includes Swimming. Please see KS2 Swimming timetable	A.B.C. / Basketball - Speed & Balance - Agility & Co-ordination - Technique - Target Practice	A.B.C. / Football - Speed & Balance - Agility & Control - Technique	A.B.C. / Netball - CV Circuit - Strength & Power - Core Strength Target Practice	A.B.C. / Tennis - Co-ordination - Ball Skills - Technique	A.B.C. / Athletics - Speed & Agility - Balance & Co-ordination - Strength & Power - Core Strength	A.B.C. / Rounders - CV Circuit - Strength & Power - Technique
Year 4 P.P.A. * Swimming	A.B.C. / Basketball - Speed & Balance - Agility & Co-ordination - Technique - Endurance	A.B.C. / Athletics - CV Circuit - Endurance - Speed & Agility - Balance & Co-ordination - Strength & Power - Core Strength	A.B.C. / Hockey - Technique - Co-ordination - Agility - Endurance	A.B.C. / Hockey - Speed & Agility - Co-ordination & Balance - Technique	A.B.C. / Cricket - Speed & Co-ordination - Ball Skills - Technique	A.B.C. / Athletics - CV Circuit - Strength & Power - Endurance
Year 5 P.P.A. * Swimming	A.B.C. / Football - Speed with Technique - Agility - Co-ordination	A.B.C. / Athletics - CV Circuit - Speed & Balance - Agility & Co-ordination	A.B.C. / Hockey - Technique - Co-ordination - Ball Skills	A.B.C. / Cricket - Technique - Strength & Power - Hand-eye Co-ordination	A.B.C. / Athletics - CV Circuit - Strength & Power - Throwing & Catch	A.B.C. / Athletics - CV Circuit - Strength & Power - Speed - Balance



Year 6 P.P.A. * Swimming	A.B.C. / Football - CV Circuit - Speed with Technique - Agility - Co-ordination - Endurance	A.B.C. / Athletics - CV Circuit - Speed & Balance - Agility & Co-ordination - Endurance	A.B.C. / Hockey - CV Circuit - Technique - Co-ordination - Ball Skills - Endurance	A.B.C. / Cricket - CV Circuit - Technique - Strength & Power - Hand-eye Co-ordination - Endurance	A.B.C. / Athletics - CV Circuit - Strength & Power - Throwing & Power - Throwing & Catching - Endurance	A.B.C. / Athletics - CV Circuit - Strength & Power - Speed - Balance - Endurance
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P.P.A. - Run by Wesley (Coach), Siobhan (T.A.) and James (T.A.) A.B.C. – Agility, Balance & Co-ordination skills * Swimming - As P.P.A timetable for Key Stage 2
Overview changed to reflect inter schools competition times for Campsbourne and Year 3, 4, 5 & 6 group teams to be selected from classes.



PPA P.E. Overview - Spring 2

Integrating Specific Areas with Progression

Year Group:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 1 P.P.A.	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing	A.B.C. - Controlling & Passing - Kicking - Striking	A.B.C. - Skipping	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing	A.B.C. - Controlling & Passing - Kicking - Striking	A.B.C. - Jumping - Throwing (Target) - Balancing - Running
Year 2 P.P.A.	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing	A.B.C. - Controlling & Passing - Kicking - Striking	A.B.C. - Skipping - Coordination	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing	A.B.C. - Controlling & Passing - Kicking - Striking	A.B.C. - Jumping - Throwing (Target) - Balancing - Running
Year 3 P.P.A. * Also includes Swimming. Please see KS2 Swimming timetable	A.B.C. / Basketball - Agility - Coordination - Control / Ball Skills	A.B.C. / Football - Speed - Balance - Control / Ball Skills	A.B.C. / Netball - CV Circuit - Strength & Power - Team Play	A.B.C. / Tennis - Balance - Co-ordination - Ball Skills - Technique	A.B.C. / Athletics - Speed - Agility - Strength & Power	A.B.C. / Rounders - Game Play
Year 4 P.P.A. * Swimming	A.B.C. / Basketball - Co-ordination - Speed	A.B.C. / Athletics - Agility - Balance	A.B.C. / Hockey - Strength & Power - Ball Skills - Team Play	A.B.C. / Hockey - CV Circuit - Strength & Power	A.B.C. / Cricket - Co-ordination - Speed - Ball Skills - Technique	A.B.C. / Athletics - CV Circuit - Game Play
Year 5 P.P.A. * Swimming	A.B.C. / Football - Speed - Agility - Team play	A.B.C. / Athletics - Co-ordination - Balance - Technique	A.B.C. / Hockey - Team Play - Technique - Speed	A.B.C. / Cricket - Ball Control / Skills - Co-ordination - Technique	A.B.C. / Athletics - CV Circuit - Strength & Power - Endurance	A.B.C. / Athletics - CV Circuit - Speed & Strength - Endurance
Year 6 P.P.A. * Swimming	A.B.C. / Football - CV Circuit - Endurance - Speed	A.B.C. / Athletics - CV Circuit - Endurance - Power & Strength	A.B.C. / Hockey - CV Circuit - Endurance - Agility	A.B.C. / Cricket - CV Circuit - Endurance - Co-ordination	A.B.C. / Athletics - CV Circuit - Endurance - Balance	A.B.C. / Athletics - CV Circuit - Endurance - Team Play

P.P.A. - Run by Wesley (Coach), Siobhan (T.A.) and James (T.A.) A.B.C. – Agility, Balance & Co-ordination skills * Swimming - As P.P.A timetable for Key Stage 2
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PPA P.E. Overview – Summer I

Skill Combination Advanced with Performance

Year Group:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 1 P.P.A.	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing - Speed & Power - Co-ordination	A.B.C. - Controlling and passing -Kicking -Striking - Ball Skills - Object Skills	A.B.C. - Skipping - Balance - Co-ordination - Agility - Speed Circuit	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing - Ball Skills - Object Skills	A.B.C. - Circuit with Ball Skills - Object Skills	A.B.C. - Circuit with Technique - Ball & Object Skills
Year 2 P.P.A.	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing - Targets - Hand – eye Co-ordination - Technique	A.B.C. - Controlling and passing -Kicking -Striking - Object Skills - Co-ordination - Technique	A.B.C. - Circuit - Balance - Co-ordination - Agility - Speed - Power & Strength	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing - Targets - Hand-eye Co-ordination - Technique	A.B.C. - Circuit with ball skills & Object Skills with Technique	A.B.C. - Circuit with ball & Object - Technique
Year 3 P.P.A. * Also includes Swimming. Please see KS2 Swimming timetable	A.B.C. / Basketball - Power & Speed - Agility & Throwing - Catching Technique - Game Play	A.B.C. / Football - Speed & Agility - Balance & Ball Skills - Technique & game play	A.B.C. / Circuit - Agility & Endurance - Balance & Speed - Co-ordination - Strength & Power Core	A.B.C. / Tennis - Ball & Racket Skills - Hand – eye Co-ordination - Agility	A.B.C. / Athletics - Circuit - Speed Technique - Power Technique - Co-ordination - Agility	A.B.C. / Rounders - Ball Skills - Object Skills - Game Play
Year 4 P.P.A. * Swimming	A.B.C. / Basketball - Power & Speed - Agility & Throwing - Catching Technique - Game Play	A.B.C. / Athletics - CV Circuit & Endurance - Speed with Power - Agility with Control - Strength & Core	A.B.C. - CV Circuit - Core & Power	A.B.C. / Hockey - Ball Skills - Object Skills - Technique	A.B.C. / Cricket - Ball Skills - Object Skills - Game Play - Technique	A.B.C / Athletics - CV Circuit & Endurance - Speed with power - Agility with Co-ordination - Strength & Core - Game Play & Competition



Year 5 P.P.A. * Swimming	A.B.C. / Football - CV Circuit & End - Technique Skill - Co-ordination - Agility - Game Play	A.B.C. / Athletics - Speed - Agility with Power - Co-ordination - Balance with Power - Core strength with Power	A.B.C. / Hockey - CV Circuit & Endurance - Ball Skills - Object Skills - Hand-eye Co-ordination - Technique	A.B.C. / Cricket - Ball Skills - Object Skills - Game Play - Technique	A.B.C. / Athletics - Speed - Agility with Power - Co-ordination - Balance with Power - Core Strength with Power	A.B.C. / Athletics - CV Circuit & End - Throwing - Targets - Speed & Power
Year 6 P.P.A. * Swimming	A.B.C. / Football - CV Circuit - Endurance - Game Play	A.B.C. / Athletics - CV Circuit - Endurance - Game Play	A.B.C. / Hockey - CV Circuit - Endurance - Game Play	A.B.C. / Cricket - CV Circuit - Endurance - Game Play	A.B.C. / Athletics - CV Circuit - Endurance - Game Play	A.B.C. / Athletics - CV Circuit - Endurance - Game Play

P.P.A. - Run by Wesley (Coach), Siobhan (T.A.) and James (T.A.) A.B.C. – Agility, Balance & Co-ordination skills * Swimming - As P.P.A timetable for Key Stage 2
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PPA P.E. Overview – Summer 2

Year Group:	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Year 1 P.P.A.	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing	A.B.C. - Controlling and passing -Kicking -Striking	A.B.C. – Skipping	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing	A.B.C. - Controlling and passing -Kicking -Striking	A.B.C. – Jumping -Throwing (target) -Balancing - Running
Year 2 P.P.A.	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing	A.B.C. - Controlling and passing -Kicking -Striking	A.B.C. – Skipping	A.B.C. - Throwing & Catching - Rolling/Bowling - Bouncing	A.B.C. - Controlling and passing -Kicking -Striking	A.B.C. – Jumping -Throwing (target) -Balancing - Running
Year 3 P.P.A. * Also includes Swimming. Please see KS2 Swimming timetable	A.B.C. / Basketball	A.B.C. / Football	A.B.C. / Netball	A.B.C. / Tennis	A.B.C. / Athletics	A.B.C. / Rounders
Year 4 P.P.A. * Swimming	A.B.C. / Basketball	A.B.C. / Athletics	A.B.C. / Hockey	A.B.C. / Hockey	A.B.C. / Cricket	A.B.C / Athletics
Year 5 P.P.A. * Swimming	A.B.C. / Football	A.B.C. / Athletics	A.B.C. / Hockey	A.B.C. / Cricket	A.B.C. / Athletics	A.B.C. / Athletics
Year 6 P.P.A. * Swimming	A.B.C. / Football	A.B.C. / Athletics	A.B.C. / Hockey	A.B.C. / Cricket	A.B.C. / Athletics	A.B.C. / Athletics

P.P.A. - Run by Wesley (Coach), Siobhan (T.A.) and James (T.A.) A.B.C. – Agility, Balance & Co-ordination skills * Swimming - As P.P.A timetable for Key Stage 2
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