



Health and WellBeing Overview



Jigsaw	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Nursery	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Reception	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year One	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year Two/Three	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me
Year Four/Five/Six	Being Me in My World	Celebrating Difference	Dreams and Goals	Healthy Me	Relationships	Changing Me

PE	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
<p>All pupils receive 1 hour of Parkour as part of our PPA provision once every fortnight.</p> <p>Opportunities for sporting tournaments with the Urdd and the cluster are taken advantage of every term.</p> <p>All pupils will receive an opportunity to go swimming until they have reached the statutory requirement of swimming 25m, at which point other opportunities for applying swimming skills in our amazing natural local environment are provided.</p> <p>External agencies such as Sports Pembrokeshire, Chance to Shine cricket and WRU also engage learners in PS3 to provide expert provision in dance, cricket and T1 rugby.</p>						
Nursery	SKIP PE	SKIP PE	SKIP PE	SKIP PE	SKIP PE	SKIP PE
Reception	Personal Footwork and one leg balance Bike/pirates	Social Jumping and landing Space/Jungle	Cognitive Dynamic balance Stance	Creative (real Dance) Shapes, partnering, artistry, circles	Physical Sending and receiving Reaction/response Juggler/fair	Fitness Ball chasing Floor work Squirrel/cat

Year One	Personal Footwork and one leg balance Bike/pirates	Social Jumping and landing Seated balance Space/jungle	Cognitive Dynamic balance Stance Trains/tightrope	Creative (real Dance) Shapes, partnering, artistry, circles	Physical Sending and receiving Reaction/response Juggler/fairytale	Fitness Ball chasing Floor work Squirrel/cat
Year Two/Three	Personal Footwork and one leg balance FMS	Social Jumping and landing Seated balance FMS	Cognitive Dynamic balance Stance FMS Swimming	Creative (real Dance) Shapes, partnering, artistry, circles Swimming	Physical Sending and receiving Reaction/response FMS	Fitness Ball chasing Floor work FMS
Year Four/Five	Personal Footwork and one leg balance PB Swimming	Social Jumping and landing PB Swimming	Cognitive Dynamic balance Ball skills PB Cricket	Creative (real Dance) Shapes, partnering, artistry, circles	Physical Reaction/response Floor work	Fitness Ball chasing Stance PB
Year Six	Personal Ball skills Reaction/response Invasion	Social Dynamic balance and Counterbalance OAA Swimming	Cognitive Stance Footwork Invasion Cricket	Creative (real Dance) Shapes, partnering, artistry, circles	Physical Jumping and landing One leg balance Athletics / invasion	Fitness Sending and receiving Ball chasing Target / OAA