

# Garlinge Primary School & Nursery PESSPA Learning Journey



Go to secondary School to continue to build upon what you have learnt.

Continue to build your skills within a Sports Club



**TERM 6**  
LEADERSHIP  
INTRA SPORTS  
SPORTS DAYS  
SWIMMING TOP UP

**TERM 5**  
STRIKE & FIELD  
OPTIONS

**TERM 4**  
NET & RACKET  
RUGBY G&T  
BOXERCISE  
HEALTHY LIVING

**TERM 3**  
HEALTHY LIVING  
NETBALL  
& HOCKEY

**TERM 2**  
CIRCUITS  
INVASION  
GAMES  
HEALTHY LIVING

**TERM 1**  
INVASION GAMES  
LEADERSHIP  
ATHLETICS

**YEAR 6**

SPORTS CAPTAINS

Continue your lifelong love of learning and personal development

**SSOC**  
School Sport Organising Committee starts

Apply to become a Change 4 Life Leader

**YEAR 5**

**TERM 1**  
OUTDOOR ADVENTURE  
LEADERSHIP  
ATHLETICS  
SWIMMING

**TERM 2**  
GYMNASTICS  
INVASION  
GAMES  
HEALTHY LIVING

**TERM 3**  
STREET DANCE  
HEALTHY LIVING  
INVASION  
GAMES

**TERM 4**  
BOXERCISE  
NET / RACKET  
HEALTHY LIVING

**TERM 5**  
LEADERSHIP  
STRIKE AND  
FIELD  
HRF

**TERM 6**  
INTRA SPORT  
SPORTS DAYS

Sports Leader opportunities begin

**TERM 6**  
INTRA SPORTS  
SPORTS DAYS

**TERM 5**  
NET / RACKET  
SKILLS  
STRIKING GAMES

**TERM 4**  
HEALTH RELATED  
FITNESS  
SWIMMING  
INVASION GAMES

**TERM 3**  
TABLE TENNIS  
RACKET FMS  
TRI GOLF

**TERM 2**  
GYMNASTICS  
DANCE  
SWIMMING TOP UP

**TERM 1**  
OUTDOOR ADVENTURE  
ACTIVITIES  
ATHLETICS  
INVASION GAMES

**YEAR 4**

**TERM 1**  
TEAM  
ACTIVITIES  
LEADERSHIP  
ATHLETICS

**TERM 2**  
DANCE  
INVASION GAMES  
RUGBY  
ENRICHMENT

**TERM 3**  
TRI GOLF  
TENNIS BALL  
CHALLENGE  
HOCKEY

**TERM 4**  
NET / RACKET SKILLS  
BOXERCISE  
HEALTH RELATED  
FITNESS

**TERM 5**  
GYMNASTICS  
STRIKE  
AND FIELD

**TERM 6**  
INTRA SPORTS  
SPORTS DAY

**YEAR 3**

**TERM 6**  
INTRA SPORT  
AND  
SPORTS DAY

**TERM 5**  
AGILITY CIRCUITS  
RAPID FIRE  
SMALL SIDED  
GAMES

**TERM 4**  
GAMES  
INFANT AGILITY  
DANCE

**TERM 3**  
DANCE  
MULTI SKILLS  
STRIKE & FIELD

**TERM 2**  
YOGA  
SMALL SIDED  
GAMES

**TERM 1**  
GYMNASTICS  
FUNDAMENTALS  
DODGEBALL  
LEADERSHIP

Active Play Leader training begins

**YEAR 1**

**TERM 1**  
GYMNASTICS  
& MULTI SKILLS

**TERM 2**  
INFANT AGILITY  
YOGA

**TERM 3**  
DANCE  
STRIKE & FIELD

**TERM 4**  
SMALL SIDED  
GAMES

**TERM 5**  
AGILITY CIRCUITS  
RAPID FIRE

**TERM 6**  
INTRA SPORT  
SPORTS DAY

**YEAR 2**

**TERM 6**  
Sports Day & exploring equipment

**TERM 5**  
Games introduction building on fundamentals

**TERM 4**  
MULTI SKILLS building on fundamental movement

**TERM 3**  
MULTI SKILLS Run, Jump, Throw & Catch

**TERM 2**  
BEAM & learning through fundamentals

**TERM 1**  
Build fundamental movements through BEAM

**NURSERY**

Forge and develop friendships that will last a lifetime

**TERM 3 & 4**  
Introduction to PE with BEAM & Fundamentals

**TERM 5**  
FMS GAMES  
Running, throwing, jumping and balance.

**TERM 1 & 2**  
welcome