



Heamoor School PE Provision 2025/26

At Heamoor School we utilise the Stiver PE progression scheme in the vast majority of our lessons. These lessons are supplemented by extension activities that are planned by the class teacher in consultation with our PE HLTA. We also have dedicated blocks of learning that are provided by external providers. These professionals are provided as part of our subscription to the Penwith PE scheme (PPE) and are essential for the continued development of our teaching professionals.

Red Class

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Agility Space and Movements (Striver unit)	Dance - Fairy Tales	Gymnastics (Striver unit)	Athletics	Ball Skills (Striver unit)	Swimming
https://gostriver.com/#/age-list-page/3-4/agility-space-and-movement/	https://gostriver.com/#/age-list-page/4-5/dance-fairy-tales/	https://gostriver.com/#/age-list-page/3-4/ball-skills/	https://gostriver.com/#/age-list-page/4-5/athletics/	https://gostriver.com/#/age-list-page/3-4/gymnastics/	Skill based challenges. https://gostriver.com/#/age-list-page/4-5/skill-based-challenges/





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Orange Class

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Games - ball skills, rolling, throwing, catching https://gostriver.com/#/age-list-page/5-6/games-1/	Dance https://gostriver.com/#/age-list-page/5-6/dance-1/	Gymnastics https://gostriver.com/#/age-list-page/5-6/gymnastics-1/	Athletics https://gostriver.com/#/age-list-page/5-6/athletics/	Swimming Games - developing balance and ball skills https://gostriver.com/#/age-list-page/5-6/games-2/	Games - football skills and rugby skills https://gostriver.com/#/age-list-page/5-6/games-3/





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Yellow Class

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Games (Y2) https://gostriver.com/#/age-list-page/6-7/games-1/	Dance https://gostriver.com/#/age-list-page/6-7/dance-unit-1/	Gymnastics https://gostriver.com/#/age-list-page/6-7/gymnastics-1/	Swimming Disney Football (PPE)	Athletics (track, throwing, jumping, relays) https://gostriver.com/#/age-list-page/6-7/athletics/	Ball skills/ invasion games https://gostriver.com/#/age-list-page/6-7/games-2/





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Green Class

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Netball (Striver unit) https://gostriver.com/#/age-list-page/7-8/netball/	Swimming	Gymnastics https://gostriver.com/#/age-list-page/7-8/gymnastics-1/	Chance to Shine cricket	Athletics (Striver unit) https://gostriver.com/#/age-list-page/7-8/athletics/	Gymnastics at Penzance Gymnastics Club
	Dance (Striver unit) https://gostriver.com/#/age-list-page/7-8/dance-1/				





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Blue Class

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Swimming	Dance https://gostriver.com/#/age-list-page/8-9/dance-1/	Tennis provided by Penzance Tennis Club	Chance to Shine cricket	Athletics (Striver Unit) https://gostriver.com/#/age-list-page/8-9/athletics/	Gymnastics (Striver Unit) https://gostriver.com/#/age-list-page/8-9/gymnastics-1/
Basketball (Striver Unit) https://gostriver.com/#/age-list-page/8-9/basketball/					





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Indigo Class

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rugby provided by Cornish Pirates/PPE	Dance https://gostriver.com/#/age-list-page/9-10/dance-1/	Swimming	Chance to Shine cricket	Athletics (Striver Unit) https://gostriver.com/#/age-list-page/9-10/athletics/	Crossfit (PPE) https://gostriver.com/#/age-list-page/10-11/tennis/
		Gymnastics https://gostriver.com/#/age-list-page/9-10/gymnastics-1/			





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Violet Class

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Rugby provided by Cornish Pirates/PPE	Dance https://gostriver.com/#/age-list-page/10-11/dance-1/	Swimming	Chance to Shine cricket	Athletics (Striver Unit) https://gostriver.com/#/age-list-page/10-11/athletics/	Tennis (Striver Unit) https://gostriver.com/#/age-list-page/10-11/tennis/
		Gymnastics https://gostriver.com/#/age-list-page/10-11/gymnastics-2/			Top-up swimming





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AFTER SCHOOL ACTIVE CLUBS

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<ul style="list-style-type: none">• Cross country (KS2)• Karate (KS2)• Netball (KS2)• Football (KS2)• Football (KS1)• Tennis (KS2)• Hockey	<ul style="list-style-type: none">• Cross country (KS2)• Football (KS1)• Football (KS2)• Karate (KS2)• Netball (KS2)• Tennis (KS2)• Hockey	<ul style="list-style-type: none">• Football (KS2)• Karate• Netball (KS 2)• Striders circuits club (KS2)• Hockey	<ul style="list-style-type: none">• Football (KS2)• Karate• Netball (KS 2)• Striders circuits club (KS2)• Hockey• Bowls• Chance to Shine Cricket (KS2)	<ul style="list-style-type: none">• Football (Year 1 and 2)• Bowls• Karate• Netball (KS2)• Active Club (EYFS/KS1)• Cricket (KS2)• Scooter club (KS2)	<ul style="list-style-type: none">• Football (Year 1 and 2)• Karate• Netball (KS2)• Active Club (EYFS/KS1)• Cricket (KS2)• Scooter club (KS1)