

## PE Curriculum Overview

### Year 3 & 4

Lesson	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
1	Football - To pass, receive and learn basic rules in team games.	Netball – To develop passing, dribbling and shooting skills	Inspiring Healthy Futures – To copy, describe and comment on fitness performance. TAG Rugby – to copy passing skills and describe rules	Hockey- To learn basic passing and receiving skills. Learn the rules of the game and apply them.	Striking and Fielding (Cricket/Rounders) - learning basic S&F techniques and how to apply them in a competitive situation.	Tennis – To develop hand eye coordination, introducing and developing forehand, backhand, volley and serve.
2	Gym – To replicate and develop basic skills, describe and perform basic sequences and routines.	S Hall Athletics-to replicate and describe basic running and, jumping and throwing techniques.	Dance – To develop movement patterns, physical expression and special awareness. Teacher and pupil led choreography.	Inspiring Healthy Futures– Fit to perform, Fit to Lead and Fit for life. Describe and comment on fitness performance in a variety of athletic activities.	Athletics-To develop basic running, jumping and throwing techniques in preparation for sports day and district athletics.	Striking and Fielding (Rounders/ Cricket) - To continue to develop striking and fielding principles

### Year 5 & 6

Lesson	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
1	Gym - to explore and repeat more complex routines and critically evaluate peer performance.	Netball- To develop hand eye coordination and applying skills in competitive situations.	TAG Rugby- To play small sided games, focussing on assessment of peers.	Hockey- To learn basic passing and receiving skills. Learn the rules of the game and apply them.	Striking and Fielding (Cricket/Stoolball/ Rounders) - To develop coordination and application of skills in game situations.	Tennis – To develop hand eye coordination, applying skills in competitive situations and for some - impart spin on controlled shots.
2	Football- to develop gameplay, strategy and leadership skills.	S Hall Athletics-develop running, jumping and throwing skills with a focus on peer assessment.	Dance Fitness – To develop movement patterns, physical expression and special awareness. Involving choreography and peer evaluations.	Inspiring Healthy Futures– Fit to perform, Fit to Lead and Fit for life. Describe and comment on fitness performance in a variety of athletic activities.	Athletics-To develop and improve running, jumping and throwing techniques in preparation for sports day and district athletics.	Striking and Fielding (Rounders/ Cricket) - To continue to develop striking and fielding principles