



# PE CURRICULUM

**OVERVIEW** 







'Holding God's hand, we nurture hearts, minds and spirits'









### **OUR APPROACH**

We follow Funtime Activities Sports ' **PE Skills Builder Programme**' from EYFS to Y6, which focuses on the 9 core aspects below to meet both the **EYFS** and **National Curriculum** expectations.

In the **EYFS** our pupils experience **movement**, **interaction** and **engagement** through structured play which builds into our National Curriculum content from Y1 onwards.

In our cyclical curriculum, pupils develop their declarative knowledge across movement, rules, tactics, strategies, health & participation and develop an understanding of what it means to lead a healthy and active lifestyle.

Each week pupils have 1 or 2 taught PE sessions, structured extra-curricular provisions within and outside of the school day and each taught aspect has its own knowledge organiser with visual vocabulary pyramid for pupils.

The schools is part of the local 'Wellbeing through Sport' programme which develops our pupils understanding of their emotions through sport and supported by Funtime Activities Sports commitment to follow the Governments Sports Strategy Get Active - a strategy for the future of sport & physical activity (August 2023)

### **9 CORE ASPECTS OF PE & PHYSICAL ACTIVITY:**





### **EYFS OVERVIEW - NURSERY & RC**



**AUTUMN** 

Term 1

**AUTUMN** 

Term 2

**SPRING** 

**SUMMER** 

**SUMMER** 

PE Skills Builder 1

Intro to PE

· Following & listening to instructions

Focus & attention

Working in partners

· Agility & movement

• Jumping & balance

• Starting & stopping

• Respond to a whistle

**Large Ball Skills** 

Rolling

 Tracking Receiving

Bouncing

Catching

Kicking

**Lunchtime Leaders** 

Friday Lunchtime (Rc) ABC's

NO ASC

NO ASC

**Lunchtime Leaders** 

Friday Lunchtime (Rc)

Large Ball Skills

**SPRING** 

Spring 1

Spring 2

Spring 1

Spring 2

**Game Play** 

**Small Sided Team Play** 

following instructions

• Understanding &

Focus & attention

Fair play

Working in a team

**Fundamentals** 

· Following & listening to instructions

PE Skills Builder 2

Focus & attention

Working in groups

· Agility & movement

• Jumping & balance

Changing directions

• Repsond & react

**Developing Ball Skills** 

• Hand / eye / foot coordination skills

Passing & receiving

· Travelling & dribbling

Pushing

Striking (feet)

**Gymnastics** 

**Fundamentals** 

· Following & listening to instructions

Focus & attention

Work independently

Agility & movement

Actions & Rhyming

• Body control

· Body coordination

**Gymnastics Skills** 

• Shape work

Jumping

Rolling

Balancing

Weight transfer

Strength & flexibility

**Lunchtime Leaders** 

Friday Lunchtime (Rc)

Teamwork

PE Skills Builder 3

**Fundamentals** 

· Following & listening to instructions

Focus & attention

Working in groups

Movement at speed

· Changing directions

Repsond at speed

Coordination skills

**Target & Aiming Skills** 

Aimina

Throwing

Pushing

Striking (feet)

Striking (equipment)

**Lunchtime Leaders** 

Friday Lunchtime (Rc)

Aim & Targets

Judging distance

PE Skills Builder 4

**Fundamentals** 

· Following & listening to instructions

Focus & attention

Work independently

· Agility & rebound

Fine motor skills

Tracking & reactions

· Responding at speed

Small Ball & Racket Skills

Rolling

Receiving

· Bouncing

Catching

Striking

Judging distance

**Lunchtime Leaders** 

Friday Lunchtime (Rc)

Small Balls & Rackets

Scoring points

· Controlling emotions

Winning & losing

**Securing Skills** · Revisiting skills that

need further work on

Individual skills

**Sports Day Preparation** 

Practising all events

**Lunchtime Leaders** 

Friday Lunchtime (Rc) Team Games

NO ASC

NO ASC

NO ASC

**NO ASC** 

**CONTINUOUS PROVISION** 





#### **AUTUMN**

Term 1

#### **AUTUMN**

Term 2

Intro to Dodgeball

**Fundamentals** 

following instructions

• Understanding &

Working in teams

Agility & movement

· Reactions at speed

Skills & Game Play

coordination skills

Throwing & catching

· Dodging & blocking

• Tracking & respond

Jumping & rebound

Aiming & targets

Intro to game play

Moving at speed

• Hand & eye

Keeping focus

#### **SPRING**

Spring 1

#### **SPRING**

Spring 2

#### **SUMMER**

Spring 1

#### **SUMMER**

Spring 2

#### Intro to Football

#### **Fundamentals**

- Understanding & following instructions
- Keeping focus
- Working in groups
- · Agility & movement
- · Moving into space
- · Running at speed

#### **Skills & Game Play**

- Feet & eye coordination skills
- Passing & receiving
- Travelling & dribbling
- Tracking & respond
- Trapping & stopping
- Striking (feet)
- Intro to game play

**Lunchtime Leaders** 

Tuesday Lunchtime

SAQ's

**Multi Sports Club** 

Tuesday ASC

Tuesday Lunchtime Large Ball Skills

**NO ASC** 

#### **Gymnastics**

#### **Fundamentals**

- Following & listening to instructions
- Routine construction
- Work independently
- · Agility & movement
- Body control
- Body coordination

#### **Gymnastics Skills**

- Shape work
- Jumping & landings
- · Jumping from height
- Rolling
- Balancing
- · Balancing at height
- Weight transfer
- Strength & flexibility

#### Intro to Basketball

#### **Fundamentals**

- Understanding & following instructions
- Keeping focus
- Working in teams
- · Agility & movement
- · Moving into space
- Running at speed

#### **Skills & Game Play**

- Hand & eye coordination skills
- Passing & receiving
- · Travelling & dribbling
- Jumping & rebound
- Aiming & targets
- Evading players
- Intro to game play

**Lunchtime Leaders** 

Tuesday Lunchtime

Aiming & Targets

#### Intro to Kwik Cricket

#### **Fundamentals**

- Understanding & following instructions
- Keeping focus
- Working in teams
- · Agility & movement
- Track & respond
- Points scoring

#### **Skills & Game Play**

- Hand & eye coordination skills
- Small ball skills
- · Passing & receiving
- Aiming & targets
- Striking (equipment)
- Judging distance
- Intro to game play

#### **Athletics**

#### **Fundamentals**

- Understanding & following instructions
- Keeping focus
- Work individually
- · Agility & movement
- Races & games
- Winning & losing

#### **Securing Skills**

- Running
- Jumping
- Throwing
- Racing
- Team Races

#### **Sports Day Preparation**

· Practising all events

#### **Lunchtime Leaders**

Tuesday Lunchtime Team Games

#### **Lunchtime Leaders** Tuesday Lunchtime

#### **Summer Team Games**

Tuesday ASC

Small Ball & Rackets

NO ASC



Tuesday Lunchtime Teamwork & Challenges

**Lunchtime Leaders** 

#### **Targets & Team Sports** Tuesday ASC

NO ASC

**CONTINUOUS PROVISION** 







#### **AUTUMN**

Term 1

#### **AUTUMN**

Term 2

#### **SPRING**

Spring 1

**Gymnastics** 

**Fundamentals** 

Following & listening

Routine construction

Work independently

· Agility & movement

• Body coordination

**Gymnastics Skills** 

• Jumping & landings

· Jumping from height

· Balancing at height

· Strength & flexibility

Weight transfer

Body control

• Shape work

Rolling

Balancing

to instructions

#### **SPRING**

Spring 2

Intro to Basketball

**Fundamentals** 

following instructions

Understanding &

Working in teams

· Agility & movement

· Moving into space

· Running at speed

• Hand & eye

**Skills & Game Play** 

coordination skills

• Passing & receiving

Jumping & rebound

Aiming & targets

Evading players

Intro to game play

**Lunchtime Leaders** 

Tuesday Lunchtime

Aiming & Targets

· Travelling & dribbling

Keeping focus

#### **SUMMER**

Spring 1

#### SUMMER

Spring 2

#### Intro to Football

#### **Fundamentals**

- Understanding & following instructions
- Keeping focus
- Working in groups
- · Agility & movement
- · Moving into space
- · Running at speed

#### **Skills & Game Play**

- Feet & eye coordination skills
- · Passing & receiving
- · Travelling & dribbling
- Tracking & respond
- Trapping & stopping
- Striking (feet)
- Intro to game play

**Lunchtime Leaders** 

Tuesday Lunchtime

SAQ's

**Multi Sports Club** 

Tuesday ASC

#### **Lunchtime Leaders**

Tuesday Lunchtime Large Ball Skills

#### **NO ASC**

#### Intro to Dodgeball

#### **Fundamentals**

- Understanding & following instructions
- Keeping focus
- Working in teams
- Agility & movement
- · Reactions at speed
- Moving at speed

#### **Skills & Game Play**

- Hand & eye coordination skills
- Throwing & catching
- · Dodging & blocking
- Tracking & respond
- Jumping & rebound
- Aiming & targets
- Intro to game play

#### **Lunchtime Leaders**

Tuesday Lunchtime Teamwork & Challenges

#### Intro to Kwik Cricket

#### **Fundamentals**

- Understanding & following instructions
- Keeping focus
- Working in teams
- · Agility & movement
- Track & respond
- Points scoring

#### **Skills & Game Play**

- Hand & eye coordination skills
- Small ball skills
- · Passing & receiving
- Aiming & targets
- Striking (equipment)
- Judging distance
- Intro to game play

**Lunchtime Leaders** 

Tuesday Lunchtime

Small Ball & Rackets

#### **Athletics**

#### **Fundamentals**

- Understanding & following instructions
- Keeping focus
- Work individually
- · Agility & movement
- Races & games
- Winning & losing

#### **Securing Skills**

- Running
- Jumping
- Throwing
- Racing
- Team Races

#### **Sports Day Preparation**

• Practising all events

#### **Lunchtime Leaders**

Tuesday Lunchtime Team Games

#### **Summer Team Games** NO ASC Tuesday ASC

**CONTINUOUS PROVISION** 

### Tuesday ASC

Large & small play equipment are available for outside play at all times



### **Targets & Team Sports**

NO ASC



# PE OVERVIEW - YEAR 3 (1/2)



**AUTUMN** Term 1

**AUTUMN** 

Term 2 Spring 1 **SPRING** Spring 2 **SUMMER** Spring 1

**SUMMER** 

Spring 2

#### Football Skills

#### **Fundamentals**

- Respecting rules
- Honesty & fair play
- Teamwork & communication skills
- · Agility & reacting
- Invasion & evasion
- Moving with speed & direction into space

#### **Skills & Game Play**

- Feet & eye coordination skills
- Passing & receiving
- Travelling & dribbling
- Attack & defence
- Striking (feet)
- Team game play

### **Dodgeball Skills**

#### **Fundamentals**

- Respecting rules
- Honesty & fair play
- Teamwork & communication skills
- Agility & movement
- · Reactions at speed
- Moving with speed & direction into space

#### **Skills & Game Play**

- Hand & eye coordination skills
- Throwing & catching
- Dodging & blocking
- Aiming at targets
- · Jumping & rebound
- Team game play

#### **Gymnastics**

**SPRING** 

#### **Fundamentals**

- Following complex instructions
- Routine construction
- · Work independently
- Agility & movement
- Body control
- Body coordination
- Strength & flexibility

#### **Gymnastics Skills**

- Shape jumps
- · Landings from height
- Developing rolling
- Floor balance skills
- Bench balance skills
- · Vault & springboard
- Floor routines

#### **Basketball Skills**

#### **Fundamentals**

- Respecting rules
- Honesty & fair play
- Teamwork & communication skills
- Agility & reacting
- Invasion & evasion
- Moving with speed & direction into space

#### **Skills & Game Play**

- Hand & eye coordination skills
- Passing & receiving
- Travelling & dribbling
- Attack & defence
- Shooting
- Team game play

#### **Kwik Cricket**

#### **Fundamentals**

- Respecting rules
- Playing fair
- Working in teams
- · Agility & movement
- Track & respond
- Points scoring

#### **Skills & Game Play**

- Hand & eye coordination skills
- Small ball skills
- Passing & receiving
- Aiming & targets
- Striking (equipment)
- Judging distance
- Intro to game play

#### **Athletics**

#### **Fundamentals**

- Understanding & following instructions
- Keeping focus
- Work individually
- Agility & movement
- Races & games
- Winning & losing

#### **Securing Skills**

- Running
- Jumping
- Throwing
- Racing
- Team Races

#### **Sports Day Preparation**

Practising all events

#### **Lunchtime Leaders**

Monday Lunchtime SAQ's

NO ASC

#### **Lunchtime Leaders**

Monday Lunchtime Large Ball Skills

**Multi Sports Club** 

Tuesday ASC

#### **Lunchtime Leaders**

Monday Lunchtime Teamwork & OAA

#### **Lunchtime Leaders**

Monday Lunchtime Aiming & Targets

**Targets & Team Sports** Tuesday ASC

#### **Lunchtime Leaders**

Monday Lunchtime Small Ball & Rackets

#### **Lunchtime Leaders**

Monday Lunchtime Team Games

NO ASC

**NO ASC** 

**Summer Team Games** Tuesday ASC

**CONTINUOUS PROVISION** 



Large & small play equipment are available for outside play at all times



# PE OVERVIEW - YEAR 3 (2/2)



AUTUMN Term 1 AUTUMN Term 2 SPRING
Spring 1

SPRING
Spring 2

SUMMER Spring 1 **SUMMER** Spring 2

PE Session 2

#### **Netball Skills**

#### **Fundamentals**

- Respecting rules
- · Honesty & fair play
- Teamwork & communication skills
- · Agility & reacting
- Invasion & evasion
- Moving with speed & direction into space

#### **Skills & Game Play**

- Hand & eye coordination skills
- Passing & receiving
- Travelling & passing
- Attack & defence
- Shooting
- Team game play
- Playing positions
- Court positions

PE Session 2

#### **Indoor Team Games**

#### **Fundamentals**

- ABC
- Coordination skills
- React & respond
- Skill development
- Improving goals
- Working as part as a team

#### **Team Games**

- Badminton
- Benchball
- Dodgeball
- Volleyball
- •
- •
- •

PE Session 2

#### Fitness & Flexibility

#### **Fundamentals**

- · Pulse raising
- Increase flexibility
- Increase strength
- Monitoring results
- Improving goals
- Personal development
- Working as a team
- Names of major muscles & bones

#### **Body Skills**

- Arm strength & endurance
- Leg strength & endurance
- Cardiovascular endurance
- · Core strength

### PE Skills Builder

PE Session 2

#### **Fundamentals**

- ABC
- Coordination skills
- React & respond
- Skill development
- Improving goals
- Working individually & part as a team

#### **Securing Skills**

- Skipping
- Running endurance
- Running speed
- · Large ball skills hand
- Large ball skills feet
- Small ball skills
- Striking
- Dribbling
- Targets
- Rackets

### PE Session 2

# Rounders Fundamentals

- Respecting rules
- Playing fair
- Working in teams
- Agility & movement
- Track & respond
- Points scoring

#### Skills & Game Play

- Hand & eye coordination skills
- Small ball skills
- Passing & receiving
- Aiming & targets
- Striking (equipment)
- Judging distance
- Intro to game play
- Adapted game play
- Tennis rounders
- Football rounders

### PE Session 2

#### **Tennis**

#### **Fundamentals**

- Respecting rules
- Playing fair
- Partner work
- Agility & movement
- Track & respond
- · Points scoring

#### Skills & Game Play

- Hand & eye coordination skills
- Small ball control
- · Striking & aiming
- Judging distance
- Forehand
- Backhand
- VolleyServe
- Rally
- Intro to game play







**AUTUMN** 

Term 1

**AUTUMN** 

**Dodgeball Skills** 

**Fundamentals** 

Honesty & fair play

Agility & movement

· Reactions at speed

• Moving with speed &

direction into space

**Skills & Game Play** 

coordination skills

Throwing & catching

Dodging & blocking

· Jumping & rebound

Aiming at targets

Team game play

Hand & eye

communication skills

Respecting rules

Teamwork &

Term 2

**SPRING** Spring 1

**SPRING** Spring 2 **SUMMER** Spring 1

**SUMMER** Spring 2

#### Football Skills

#### **Fundamentals**

- Respecting rules
- Honesty & fair play
- Teamwork & communication skills
- Agility & reacting
- Invasion & evasion
- Moving with speed & direction into space

#### **Skills & Game Play**

- Feet & eye coordination skills
- Passing & receiving
- Travelling & dribbling
- Attack & defence
- Striking (feet)
- Team game play

Monday Lunchtime Large Ball Skills

**Multi Sports Club** 

**Gymnastics** 

#### **Fundamentals**

- Following complex instructions
- Routine construction
- · Work independently
- Agility & movement
- Body control
- Body coordination
- Strength & flexibility

#### **Gymnastics Skills**

- Shape jumps
- · Landings from height
- Developing rolling
- Floor balance skills
- Bench balance skills
- · Vault & springboard
- Floor routines

### **Basketball Skills**

#### **Fundamentals**

- Respecting rules
- Honesty & fair play
- Teamwork & communication skills
- Agility & reacting
- Invasion & evasion
- Moving with speed & direction into space

#### **Skills & Game Play**

- Hand & eye coordination skills
- Passing & receiving
- Travelling & dribbling
- Attack & defence
- Shooting
- Team game play

#### **Kwik Cricket**

#### **Fundamentals**

- Respecting rules
- Playing fair
- Working in teams
- · Agility & movement
- Track & respond
- Points scoring

#### **Skills & Game Play**

- Hand & eye coordination skills
- Small ball skills
- Passing & receiving
- Aiming & targets
- Striking (equipment)
- Judging distance
- Intro to game play

#### **Athletics**

#### **Fundamentals**

- Understanding & following instructions
- Keeping focus
- Work individually
- Agility & movement
- Races & games
- Winning & losing

#### **Securing Skills**

- Running
- Jumping
- Throwing
- Racing
- Team Races

#### **Sports Day Preparation**

Practising all events

#### **Lunchtime Leaders**

Monday Lunchtime SAQ's

NO ASC

**Lunchtime Leaders** 

Tuesday ASC

**Lunchtime Leaders** 

Monday Lunchtime Teamwork & OAA

NO ASC

**Lunchtime Leaders** 

Monday Lunchtime Aiming & Targets

**Targets & Team Sports** Tuesday ASC

**Lunchtime Leaders** 

Monday Lunchtime Small Ball & Rackets

**NO ASC** 

**Lunchtime Leaders** 

Monday Lunchtime Team Games

**Summer Team Games** Tuesday ASC

**CONTINUOUS PROVISION** 



Large & small play equipment are available for outside play at all times





**AUTUMN** 

Term 1

**AUTUMN** 

Term 2

**SPRING** 

Spring 1

**SPRING** 

Spring 2

**SUMMER** 

Spring 1

SUMMER

Spring 2

#### **Football Skills**

#### **Fundamentals**

- Respecting rules
- Honesty & fair play
- Teamwork & communication skills
- Agility & reacting
- Invasion & evasion
- Moving with speed & direction into space

#### Skills & Game Play

- Feet & eye coordination skills
- Passing & receiving
- Travelling & dribbling
- Attack & defence
- Striking (feet)
- Team game play

#### **Dodgeball Skills**

#### **Fundamentals**

- Respecting rules
- Honesty & fair play
- Teamwork & communication skills
- Agility & movement
- Reactions at speed
- Moving with speed & direction into space

#### **Skills & Game Play**

- Hand & eye coordination skills
- Throwing & catching
- Dodging & blocking
- Aiming at targets
- Jumping & rebound
- Team game play

#### **Gymnastics**

#### **Fundamentals**

- Following complex instructions
- Routine construction
- Work independently
- Agility & movement
- Body control
- Body coordination
- Strength & flexibility

#### **Gymnastics Skills**

- Shape jumps
- Landings from height
- · Developing rolling
- Floor balance skills
- Bench balance skills
- Vault & springboard
- Floor routines

#### **Basketball Skills**

#### **Fundamentals**

- Respecting rules
- · Honesty & fair play
- Teamwork & communication skills
- · Agility & reacting
- Invasion & evasion
- Moving with speed & direction into space

#### **Skills & Game Play**

- Hand & eye coordination skills
- Passing & receiving
- Travelling & dribbling
- Attack & defence
- Shooting
- Team game play

#### **Kwik Cricket & Rounders**

#### **Fundamentals**

- Respecting rules
- Playing fair
- Working in teams
- Agility & movement
- Track & respond
- Points scoring

#### **Skills & Game Play**

- Hand & eye coordination skills
- Small ball skills
- Passing & receiving
- Aiming & targets
- Striking (equipment)
- Judging distance
- Intro to game play

#### **Athletics**

#### **Fundamentals**

- Understanding & following instructions
- Keeping focus
- Work individually
- Agility & movement
- Races & games
- Winning & losing

#### **Securing Skills**

- Running
- Jumping
- Throwing
- Racing
- Team Races

#### **Sports Day Preparation**

· Practising all events

#### **Lunchtime Leaders**

Friday Lunchtime SAQ's

#### Netball Club

Monday ASC

#### **Lunchtime Leaders**

Friday Lunchtime Large Ball Skills

#### **Netball Club**

Monday ASC

#### **Lunchtime Leaders**

Friday Lunchtime Teamwork & OAA

#### **Dodgeball or Gymnastics**

Monday ASC

#### **Lunchtime Leaders**

Friday Lunchtime Aiming & Targets

#### **Basketball Club**

Monday ASC

#### **Lunchtime Leaders**

Friday Lunchtime Small Ball & Rackets

#### Cricket Club

Monday ASC

### **Lunchtime Leaders**Friday Lunchtime

Team Games

#### Rounders TBC Monday ASC

**CONTINUOUS PROVISION** 



Large & small play equipment are available for outside play at all times



# PE OVERVIEW - YEAR 6 (1/2)



**AUTUMN** Term 1

**AUTUMN** Term 2

**SPRING** Spring 1

**SPRING** Spring 2 **SUMMER** Spring 1

**SUMMER** Spring 2

Football Skills

**Fundamentals** 

Respecting rules

Honesty & fair play

 Teamwork & communication skills

Agility & reacting

Invasion & evasion

 Moving with speed & direction into space

**Skills & Game Play** 

 Feet & eye coordination skills

Passing & receiving

Travelling & dribbling

Attack & defence

Striking (feet)

Team game play

**Dodgeball Skills** 

**Fundamentals** 

Respecting rules

Honesty & fair play

 Teamwork & communication skills

Agility & movement

· Reactions at speed

• Moving with speed & direction into space

**Skills & Game Play** 

 Hand & eye coordination skills

Throwing & catching

Dodging & blocking

Aiming at targets

· Jumping & rebound

**Lunchtime Leaders** 

Little Coaches &

PE Cupboard Monitors

Team game play

**Gymnastics** 

**Fundamentals** 

 Following complex instructions

Routine construction

· Work independently

Agility & movement

Body control

• Body coordination

• Strength & flexibility

**Gymnastics Skills** 

• Shape jumps

· Landings from height

Developing rolling

Floor balance skills

Bench balance skills

· Vault & springboard

Floor routines

**Basketball Skills** 

**Fundamentals** 

Respecting rules

Honesty & fair play

• Teamwork & communication skills

Agility & reacting

Invasion & evasion

 Moving with speed & direction into space

**Skills & Game Play** 

• Hand & eye coordination skills

Passing & receiving

Travelling & dribbling

Attack & defence

Shooting

Team game play

**Kwik Cricket & Rounders** 

**Fundamentals** 

Respecting rules

Playing fair

· Working in teams

· Agility & movement

Track & respond

Points scoring

**Skills & Game Play** 

• Hand & eye coordination skills

Small ball skills

Passing & receiving

· Aiming & targets

Striking (equipment)

• Judging distance

Intro to game play

**Athletics** 

**Fundamentals** 

• Understanding & following instructions

Keeping focus

Work individually

Agility & movement

• Races & games

Winning & losing

**Securing Skills** 

Running

Jumping

Throwing

Racing

Team Races

**Sports Day Preparation** 

Practising all events

**Lunchtime Leaders** 

Little Coaches & PE Cupboard Monitors

**Netball Club** 

Monday ASC

**Netball Club** 

Monday ASC

Lunchtime Leaders

Little Coaches & PE Cupboard Monitors

**Dodgeball or Gymnastics** Monday ASC

**Lunchtime Leaders** 

Little Coaches &

PE Cupboard Monitors

**Basketball Club** Monday ASC

**Lunchtime Leaders** 

Little Coaches & PE Cupboard Monitors **Lunchtime Leaders** Little Coaches &

PE Cupboard Monitors

Rounders Club Monday ASC

**Cricket Club** Monday ASC

**CONTINUOUS PROVISION** 





# PE OVERVIEW - YEAR 6 (2/2)



AUTUMN Term 1 AUTUMN Term 2 SPRING
Spring 1

SPRING
Spring 2

SUMMER Spring 1 **SUMMER** Spring 2

PE Session 2

#### **Netball Skills**

#### **Fundamentals**

- Respecting rules
- · Honesty & fair play
- Teamwork & communication skills
- · Agility & reacting
- Invasion & evasion
- Moving with speed & direction into space

#### **Skills & Game Play**

- Hand & eye coordination skills
- · Passing & receiving
- Travelling & passing
- Attack & defence
- Shooting
- Team game play
- Playing positions
- Court positions

PE Session 2

#### **Indoor Team Games**

#### **Fundamentals**

- ABC
- Coordination skills
- React & respond
- Skill development
- Improving goals
- Working as part as a team

#### **Team Games**

- Badminton
- Benchball
- Dodgeball
- Volleyball
- •
- •
- •
- •
- •

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### Fitness & Flexibility

PE Session 2

#### **Fundamentals**

- · Pulse raising
- Increase flexibility
- Increase strength
- Monitoring results
- Improving goals
- Personal development
- Working as a team
- Names of major muscles & bones

#### **Body Skills**

- Arm strength & endurance
- Leg strength & endurance
- Cardiovascular endurance
- · Core strength

### PE Skills Builder

PE Session 2

#### **Fundamentals**

- ABC
- Coordination skills
- React & respond
- Skill development
- Improving goals
- Working individually & part as a team

#### **Securing Skills**

- Skipping
- Running endurance
- Running speed
- · Large ball skills hand
- · Large ball skills feet
- Small ball skills
- Striking
- Dribbling
- Targets
- Rackets

# PE Session 2 Rounders

#### **Fundamentals**

- Respecting rules
- Playing fair
- Working in teams
- Agility & movement
- Track & respond
- Points scoring

#### Skills & Game Play

- Hand & eye coordination skills
- Small ball skills
- Passing & receiving
- Aiming & targets
- Striking (equipment)
- Judging distance
- Intro to game play
- Adapted game play
- Tennis rounders
- Football rounders

### Tennis

PE Session 2

#### **Fundamentals**

- Respecting rules
- Playing fair
- Partner work
- Agility & movement
- Track & respond
- · Points scoring

#### Skills & Game Play

- Hand & eye coordination skills
- Small ball control
- · Striking & aiming
- Judging distance
- Forehand
- Backhand
- VolleyServe
- Rally
- Competitive games





# COMPETITION PLANNER OVERVIEW \$\iii



**RESULT** 

**RESULT** 

**ATTENDED** 

**ATTENDED** 

**AUTUMN** Term 1

BEE Proud - Year 5&6 Football Coaching Fest.	Confirmed	Bee Proud	Development	Year 5&6 Mixed	Goshen Sports	26/09/24
BEE Proud - Year 5&6 Football Coaching Fest.	Confirmed	Bee Proud	Development	Year 5&6 Mixed	Goshen Sports	26/09/24
EXCEL - Year 3&4 Girls Football	Confirmed	EXCEL	Development	Year 3&4 Girls	Goshen Sports	03/10/24
EXCEL - Year 5&6 Girls Football	Confirmed	EXCEL	Pathway	Year 5&6 Girls	Goshen Sports	03/10/24
EXCEL - Year 3&4 Boys Football	Confirmed	EXCEL	Development	Year 3&4 Boys	Goshen Sports	10/10/24
INSPIRE - Year 5&6 Boys Football	Confirmed	INSPIRE	Development	Year 5&6 Boys	Goshen Sports	10/10/24

**AUTUMN** Term 2

BEE Proud - Year 3&4 Football Coaching Fest.	Confirmed	Bee Proud	Development	Year 3&4 Mixed	Goshen Sports	31/10/24
BEE Proud - Year 3&4 Cricket Fest.	Provisional Date	Bee Proud	Development	Year 3&4 Mixed	Castle Leisure??	12/11/24
Ks1 EXCITE- Year 1&2 Cricket Fest.	Provisional Date	EXCITE	Development	Year 1&2 Mixed	Castle Leisure??	12/11/24
EXCEL - Year 5&6 Dodgeball Event 2	Provisional Date	EXCEL	Pathway	Year 5&6 Mixed	Woodhey	18/11/24
SEN (PAN) - Ks2 Multi Skills	Confirmed	SEN (PAN)	Pathway	Ks2 Mixed	Bury Grammar	23/11/24
INSPIRE - Year 5&6 Dodgeball	Provisional Date	INSPIRE	Development	Year 5&6 Mixed	Woodhey	25/11/24





# COMPETITION PLANNER OVERVIEW 888



