

Physical Education Overview

To explore and develop movement skills. To take part in small sided adapted activities. To link set movements together with support							
	Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 1/2	Cycle 2 (25/26)	Multi skills (Awareness and control)	Movement to music (Dance: Developing movement patterns)	Multi skills/gym (Fundamental and basic movements)	Multi skills (Core strength, stability, balance, coordination, agility and spatial awareness)	Multi skills (Precision and motor control)	Athletics (Running, jumping, throwing)
		<b>Games</b> Childhood games Adapted games with some equipment					
Class 1/2	Cycle 1 (24/25)	Fitness	Gymnastics (Multi skills) (Developing control).	Multi skills/Play (Co-ordination)	Problem Solving (Developing how to work together)	Athletics (Running, throwing)	Athletics (Running, jumping)
		Games		Movement to music	Games	<b>Striking and fielding</b> A mixture of activities to allow pupils to develop key techniques.	
To develop wider range of skills and use these in different sporting activities Take part in adapted team games and develop fitness Link skills/movements together							
	Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Class 3/4/5	Cycle 2 (25/26)	<b>Football</b> (Adapted activities, fitness for team sports)		Movement to music/Dance (Linking movements)	Problem Solving	Striking and Fielding (Rounder's/ cricket)	Athletics
		<b>Swimming</b> (Water safety)					
Class 3	Cycle 1 (24/25)	<b>Basketball</b> (Adapted activities, fitness for team sports)		Multi skills through Gymnastics	Kin-ball	<b>Athletics</b> (Learning the correct technique for a range of activities)	
Class 3		<b>Swimming</b> (Water safety)		Problem Solving	Fitness	Short Tennis	Rounder's/kick rounder's
Class 4		<b>Basketball</b> (Adapted activities, fitness for team sports)		Problem Solving	Kin-ball	<b>Athletics</b> (Learning the correct technique for a range of activities)	

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<b>Class 4</b>		<b>Multi skills through Gymnastics</b>	<b>Fitness</b>	<b>Swimming (Water safety)</b>		<b>Short Tennis</b>	<b>Rounder's/kick rounder's</b>
<b>Class 5</b>		<b>Basketball</b>  (Adapted activities, fitness for team sports)		<b>Problem Solving</b>	<b>Kin-ball</b>	<b>Athletics</b>  (Learning the correct technique for a range of activities)	
<b>Class 5</b>		<b>Multi skills through Gymnastics</b>	<b>Fitness</b>	<b>Short Tennis</b>	<b>Rounder's/kick rounder's</b>	<b>Swimming</b>  (Water safety)	
<b>To take part in adapted activities while developing technique. Work as part of a team and develop key tactics</b>							
<b>Term</b>		<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Class 6/7/8/ 9/10</b>	<b>Cycle 2 (25/26)</b>	<b>Football</b>  (use a range of techniques to overcome opponents develop their technique and improve their performance)		<b>Gymnastics/Dance</b>  (Start to develop technique and improve performance)	<b>Hockey</b>  (Transfer key invasion skills)	<b>Striking and Fielding</b>  (Rounder's/Cricket) Transferrable skills	<b>Athletics</b>  (Fitness through athletics)
		<b>Fitness</b>  (Develop technique. (Improve fitness levels through sport/leisure activities Take part in different fitness/wellbeing activities)			<b>Problem solving</b>  (Take part in activities that allow for problem solving Team building and trust exercises)	<b>Net/Wall (Tennis)</b>  (use a range of techniques overcome opponents develop and improve their technique and improve their performance)	
<b>Class 6/7/8/ 9/10</b>	<b>Cycle 1 (24/25)</b>	<b>Basketball</b>  (use a range of techniques to overcome opponents develop their technique and improve their performance)		<b>Gymnastics/Dance</b>  Ongoing development of key techniques	<b>Hockey</b>  ( develop technique and improve performance)	<b>Striking and Fielding</b>  (Rounder's/Cricket) use a range of strategies	<b>Athletics</b>  (Develop and improve techniques and knowledge)
		<b>Fitness</b>  (Developing knowledge of fitness activities)			<b>Problem solving</b>	<b>Net/Wall (Tennis)</b>  (Ongoing develop and improve their technique)	
<b>Develop and improve performance. Develop personal fitness and promotes an active, healthy lifestyle.</b>							
<b>Term</b>		<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>

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Class 11/12/ 13/14	Cycle 2 (25/26)	<b>Football</b> (Take part in competition)	<b>Basketball/ Fitness through basketball</b> (Develop fitness needed for team sports Improve and develop on previously taught skills)	<b>Hockey</b> ( develop technique and improve performance within competition)	<b>Striking/Fielding Cricket/Rounder's/ Danish Longball</b> (To use a variety of tactics develop technique and improve performance within competition)	<b>Athletics</b> (To use a variety of tactics develop technique and improve performance within competition)  Sports Day Activities	
		<b>Fitness Option</b> (improve fitness develop knowledge on different fitness activities)		<b>OAA</b> (Take part in OAA activities that are challenging)	<b>Tennis</b> (develop technique and improve performance within competition)		
Class 11/12/ 13/14	Cycle 1 (24/25)	<b>Basketball</b> (To use a variety of skills in a competitive situation).	<b>Football/ Fitness through football</b> (Develop fitness needed for team sports Improve and develop on previously taught skills)	<b>Hockey</b>	<b>Cricket/Rounder's</b> (To use a variety of tactics develop technique and improve performance within competition)	<b>Athletics</b> (To use a variety of tactics develop technique and improve performance within competition)  Sports Day Activities	
		<b>Fitness Option</b> -improve fitness -develop knowledge on different fitness activities		<b>OAA</b>	<b>Tennis</b> - develop technique and improve performance within competition		
<b>Develop and improve performance.                      Prepare for an independent, active lifestyle.</b>							
<b>Term</b>		<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
Class 15/16/ 17	Cycle 2 (25/26)	<b>Invasion games</b> Football (To develop different roles in sporting activities)	<b>Games option</b> (To develop different roles in sporting activities)		<b>Athletics</b> (Improve on already embedded skills Develop fitness)  Sports Day Activities		
		<b>Fitness option</b> Bootcamp /Yoga (To gain knowledge of the different activities available To improve own fitness)	<b>Fitness option</b> (Jogging/Movement to music To gain knowledge of the different activities available To improve own fitness)		<b>Net wall/Striking and Fielding</b> Tennis/Rounder's		
Class 15/16/ 17	Cycle 1 (24/25)	<b>Invasion games option</b> Hockey/Basketball	<b>OAA</b> (Take part in OAA activities that are challenging)		<b>Athletics</b> (Improve on already embedded skills Develop fitness)		

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				Sports Day Activities
		<b>Fitness option</b> Circuit training/sports fitness	<b>Fitness option</b> Online fitness/jogging	<b>Net wall/Striking and Fielding</b> Tennis/Cricket