

PE Overview Striking & Feilding Net & wall Invasions games Athletics Creativity & core strength

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|------------------------------|--|---|---|---|---|---|
| Personal & social | <p>'We can't be brave without fear' - Muhammed ALi</p> <p>Setting & reaching personal goals.</p> <p>What happens to my body when I exercise? Importance of warming up and cooling down, How does exercise make me feel - healthy body, healthy mind!</p> | <p>Don't try to be the best on your team, be the best for your team!</p> <p>Food as fuel, Hydration</p> <p>Clear communication - being a good speaker & listener.</p> | <p>All things are difficult before they are easy!</p> <p>It's about the journey not the outcome - Carl Lewis.</p> <p>Making positive lifestyle choices</p> <p>Staying active as your body changes.</p> <p>Body parts.</p> <p>10 a day - doing things that make you happy!</p> | <p>Sometimes, things may not go your way, but the effort should always be there' - Michael Jordan</p> <p>Respecting authority</p> <p>Controlling big emotions</p> | <p>'You don't take loses, you take lessons'- Marcus Rashford</p> <p>Learning to lose and do it graciously</p> <p>Linking to outside sports - clubs and extracurricular activities</p> | <p>The only one who can tell you 'you can't do it' is you, and you don't have to listen - Jessica Ennis Hill</p> <p>Staying dedicated</p> <p>Self esteem and being the best you can be!</p> |
| Reception | <p>Multi skills</p> <p>Club: Multiskills</p> | <p>Tag Rugby/ circuits</p> <p>Club: Tag rugby</p> | <p>Dance Yoga</p> <p>Club/ breaktime: football</p> | <p>Football/ Handball</p> <p>Club/ breaktime: Dodgeball</p> | <p>Badminton/ tennis</p> <p>Club/ breaktime: Athletics</p> | <p>Striking & fielding skills</p> <p>Sports Day prep</p> <p>Club/ breaktime: Quidditch/ lacrosse</p> |
| Year 1 | <p>Athletics</p> <p>Club: Multiskills</p> | <p>Tag Rugby/ circuits</p> <p>Club: Tag rugby</p> | <p>Dance Yoga Swimming</p> <p>Club/ breaktime: football</p> | <p>Football/ Handball</p> <p>Club/ breaktime: Dodgeball</p> | <p>Badminton/ tennis</p> <p>Club/ breaktime: Athletics</p> | <p>Striking & fielding skills</p> <p>Sports Day prep</p> <p>Club/ breaktime: Quidditch/ lacrosse</p> |
| Year 2 | <p>Athletics</p> <p>Club: Multiskills</p> | <p>Tag Rugby/ circuits</p> <p>Club: Tag rugby</p> | <p>Dance/ Yoga Swimming</p> <p>Club/ breaktime: football</p> | <p>Football/ Handball</p> <p>Club/ breaktime: Dodgeball</p> | <p>Badminton/ tennis</p> <p>Club/ breaktime: Athletics</p> | <p>Striking & fielding skills</p> <p>Sports Day prep</p> <p>Club/ breaktime: Quidditch/ lacrosse</p> |
| Year 3/4 | <p>Athletics</p> <p>Club/ break time: netball/ basket</p> | <p>Tag Rugby/ circuits Swimming</p> <p>Club: Tag rugby</p> | <p>Dance/ Yoga</p> <p>Club/ breaktime: football</p> | <p>Volleyball</p> <p>Club/ breaktime: Badminton</p> | <p>Kwik Cricket</p> <p>Club: Tennis</p> | <p>Rounders</p> <p>Sports Day prep</p> <p>Club/ breaktime: Quidditch/ lacrosse</p> |
| Year 5/6 | <p>Athletics</p> <p>Club/ break time: netball/ basketball</p> | <p>Tag Rugby/ circuits Swimming</p> | <p>Dance/ Yoga</p> <p>Club/ breaktime: football</p> | <p>Volleyball</p> <p>Club/ breaktime: Badminton</p> | <p>Kwik Cricket</p> <p>Club/ breaktime: Tennis</p> | <p>Rounders</p> <p>Sports Day prep. Surf Life Saving</p> <p>Club/ breaktime: Quidditch</p> |

