

Physical Education

Throughout the year the children will cover a variety of aspects of the PE curriculum to ensure all children:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Autumn 1	<p>Invasion Games Handball</p> <ul style="list-style-type: none"> • To understand the basic rules of Handball • To be able to understand the movement in Handball • To be able to defend the ball • To be able to use shoot for the corners of the goal. • To be able to work as a team to attack and defend. • To be able to play a game of handball.
Autumn 2	<p>Games Net Wall Games Volleyball</p> <ul style="list-style-type: none"> • To be able to perform the volley. • To be able to perform the dig. • To be able to perform a serve • To be able to defend the court • To be able to perform the spike • To be able to play a game of volleyball
Spring 1	<p>Invasion Games Ultimate Frisbee</p> <ul style="list-style-type: none"> • To use the forehand and backhand throw to a partner. • To be able to catch the frisbee when on the move. • To be able to judge the flight of the frisbee and move towards it. • To be able to accurately control where my frisbee goes • To be able to throw and catch under pressure. • I can use the skills and techniques learned this term in a team game or conditioned match.
Spring 2	<p>Invasion Games Quick Sticks Hockey</p> <ul style="list-style-type: none"> • To be able to keep the ball close to the stick • To be able to look up when i'm dribbling • To be able to pass the ball to a teammate • To be able to tackle and win back possession • To be able to shoot into a goal • To be able to play a game with the skills that i've learned

Summer 1	Striking/Fielding Rounders / Danish Longball <ul style="list-style-type: none">• To strike a ball with growing accuracy• To field and intercept a ball with accuracy• To cooperate and work as part of a team
Summer 2	Games Athletics <ul style="list-style-type: none">• Run consistently and smoothly - sprint and sustained• Show different styles of running• Use different throwing techniques• Jump with growing control• Suggest how they can improve.