

## 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.

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

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