

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	'We can't be brave without fear' - Muhammed ALi Setting & reaching personal goals. 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!	Don't try to be the best on your team, be the best for your team! Food as fuel, Hydration Clear communication - being a good speaker & listener.	All things are difficult before they are easy! It's about the journey not the outcome - Carl Lewis. Making positive lifestyle choices. Staying active as your body changes. Body parts. 10 a day - doing things that make you happy!	Sometimes, things may not go your way, but the effort should always be there' - Michael Jordan Respecting authority Controlling big emotions	'You don't take loses, you take lessons'- Marcus Rashford Learning to lose and do it graciously Linking to outside sports - clubs and extracurricular activities	The only one who can tell you 'you can't do it' is you, and you don't have to listen - Jessica Ennis Hill Staying dedicated Self esteem and being the best you can be!
Value	<i>Courage.</i>	<i>Confidence.</i>	<i>Endurance.</i>	<i>Respect.</i>	<i>Compassion</i>	<i>Endurance</i>
Yr R	Introduction To PE 1	Fundamental Skills 1	Dance	Ball skills 1	Games 1	Games 2
Year 1	Fundamental Skills	Team building	Fitness/Yoga Swimming <i>Club/ breaktime: football</i>	Ball skills Invasion	Net and wall	Athletics
Year 2	Fundamental Skills	Team building	Fitness/Yoga Swimming <i>Club/ breaktime: football</i>	Ball skills Invasion	Net and wall	Athletics
Year 3/4	Fundamentals <i>Club/ break time: netball/ basket</i>	Tag Rugby/ Fitness Swimming <i>Club: Tag rugby</i>	Dance/ Yoga <i>Club/ breaktime: football</i>	Ball skills <i>Club/ breaktime:Badminton</i>	Kwik Cricket <i>Club: Tennis</i>	Rounders / Athletics Sports Day prep <i>Club/ break: Quidditch/ lacrosse</i>
Year 5/6	<i>Club/ break time: netball/ basketball</i>	Tag Rugby/ Fitness Swimming	Dance/ Yoga <i>Club/ breaktime: football</i>	Volleyball <i>Club/ breaktime:Badminton</i>	Kwik Cricket <i>Club/ breaktime: Tennis</i>	Rounders/Athletics Sports Day prep. Surf Life Saving <i>Club/ breaktime: Quidditch</i>