

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

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Personal &amp; social</b>	'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! <b>It's about the journey not the outcome</b> - 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!
<b>Value</b>	<i>Courage.</i>	<i>Confidence.</i>	<i>Endurance.</i>	<i>Respect.</i>	<i>Compassion</i>	<i>Endurance</i>
<b>Yr R</b>	<b>Multi skills</b> <i>Club: Multiskills</i>	<b>Tag Rugby/ circuits</b> <i>Club: Tag rugby</i>	<b>Dance</b> <b>Yoga</b> <i>Club/ breaktime: football</i>	<b>Football/ Handball</b> <i>Club/ breaktime: Dodgeball</i>	<b>Badminton/ tennis</b> <i>Club/ breaktime: Athletics</i>	<b>Striking &amp; fielding skills</b> Sports Day prep <i>Club/ breaktime: Quidditch/ lacrosse</i>
<b>Year 1</b>	<b>Athletics</b> <i>Club:Multiskills</i>	<b>Tag Rugby/ circuits</b> <i>Club: Tag rugby</i>	<b>Dance</b> <b>Yoga</b> <b>Swimming</b> <i>Club/ breaktime: football</i>	<b>Football/ Handball</b> <i>Club/ breaktime: Dodgeball</i>	<b>Badminton/ tennis</b> <i>Club/ breaktime: Athletics</i>	<b>Striking &amp; fielding skills</b> Sports Day prep <i>Club/ break: Quidditch/ lacrosse</i>
<b>Year 2</b>	<b>Athletics</b> <i>Club:Multiskills</i>	<b>Tag Rugby/ circuits</b> <i>Club: Tag rugby</i>	<b>Dance/ Yoga</b> <b>Swimming</b> <i>Club/ breaktime: football</i>	<b>Football/ Handball</b> <i>Club/ breaktime: Dodgeball</i>	<b>Badminton/ tennis</b> <i>Club/ breaktime: Athletics</i>	<b>Striking &amp; fielding skills</b> Sports Day prep <i>Club/ break: Quidditch/ lacrosse</i>
<b>Year 3/4</b>	<b>Athletics</b> <i>Club/ break time: netball/ basket</i>	<b>Tag Rugby/ circuits</b> <b>Swimming</b> <i>Club: Tag rugby</i>	<b>Dance/ Yoga</b> <i>Club/ breaktime: football</i>	<b>Volleyball</b> <i>Club/ breaktime:Badminton</i>	<b>Kwik Cricket</b> <i>Club: Tennis</i>	<b>Rounders</b> Sports Day prep <i>Club/ break: Quidditch/ lacrosse</i>
<b>Year 5/6</b>	<b>Athletics</b> <i>Club/ break time: netball/ basketball</i>	<b>Tag Rugby/ circuits</b> <b>Swimming</b>	<b>Dance/ Yoga</b> <i>Club/ breaktime: football</i>	<b>Volleyball</b> <i>Club/ breaktime:Badminton</i>	<b>Kwik Cricket</b> <i>Club/ breaktime: Tennis</i>	<b>Rounders</b> Sports Day prep. Surf Life Saving <i>Club/ breaktime: Quidditch</i>