

SINAI JEWISH PRIMARY SCHOOL
Big School, Big Heart, Big Opportunities

PE LEARNING JOURNEY

Street Dance: How can we use dance to creatively express ideas and themes?

Striking & Fielding: What advanced skills and strategies can we learn for games like cricket/rounders?

Athletics: How can we challenge ourselves in various athletic disciplines such as running, jumping and throwing?

Secondary School

Year 6

Invaders – Tag Rugby: How can we develop advanced tactics and strategies in invasion games like football or basketball?

Gymnastics: How can we create complex gymnastic routines that include a variety of movements, transitions and balances?

Nimble Nets : What techniques can we master in net games?

Athletics: What types of events are in Young Olympians? How can we train and challenge ourselves?

Striking & Fielding: What techniques and strategies can we use in striking and fielding sports like cricket to play effectively?

Bollywood Dance: What are the unique features of Bollywood dance and how can we express stories/emotions through its vibrant movements and music?

Nimble Nets : What skills do we need to play tennis and how can we practise to improve serving, volleying or rallying?

Gymnastics: How can we work with a partner to create sequences that show balance, strength and coordination?

Invaders – Netball: How can we use quick movements and strategies?

Year 5

Line Dance: What makes line dancing fun and unique?

Striking & Fielding: What strategies can we learn for striking and fielding games like cricket or rounders?

Athletics: What are some of the different sports in the Olympics?

Year 4

Invaders – Football: How can we improve our dribbling and control skills?

Gymnastics: How can we create a gymnastics sequence that combines different movements and balances?

Nimble Nets : What are the key skills needed for net games like tennis or badminton?

Field Games: How can we challenge ourselves to improve our throwing / catching skills?

Gymnastics: What different types of jumps can we learn in gymnastics?

Multi Skills –: How can we use agility and balance in different sports?

Active Athletics: What are the different types of events in athletics? How can we train to become better at them?

Ball Skills: What techniques can we learn to throw and catch more accurately?

African Story time Dancing: How can we use dance to express different stories/cultures?

Year 3

Ballroom Dancing: How can we tell a story or show how we feel through dance and movement?

Ball Skills: How can we improve our catching and throwing skills?

Active Athletics: What are the different activities in athletics? How can we try them in a fun and safe way?

Year 2

Multi Skills –: How can we use twisting and turning movements in different games and activities?

Gymnastics: What new gymnastic movements can we learn? How can link these movements together?

Field Games: How can we use different objects to practise throwing and catching?

Active Athletics: What kinds of activities do athletes do?

Ball Skills: What are the best ways to throw and catch a ball and how can we work with our friends to improve our skills?

Movement: How can we express different emotions or stories through dance and movement?

Field Games: How can we use different types of equipment to practise throwing and catching?

Gymnastics: What are some new ways we can move our bodies?

Multi Skills – balance/coordination: How can we use our bodies to balance?

Year 1

How can we move our bodies to music?

How can we move a ball with our hands/feet?

EYFS

How can we move in different ways?

Can we make up a dance?

How can we play together?