

PE Yearly Overview 2021-2022

The aim of delivering this subject:

Purpose of study A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. Individual approach and interventions provided during the year help our pupils achieve and overcome challenges and help them build confidence

Tailored curriculum should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Subject:	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Primary	Football/Rugby (Invasion games)	Basketball/Netball (Invasion Games)	Mini Tennis/Badminton (Net Sports)	Dance/Gymnastics	Cricket/Tennis	Introduction to athletics <ul style="list-style-type: none"> • Running • Jumping • Throwing Kids will develop basic skills in these areas.
Year 7	Football/Rugby (Invasion games)	Basketball/Netball (Invasion Games)	Mini Tennis/Badminton (Net Sports)	Dance/Gymnastics	Cricket/Tennis	Athletics and Fitness Training with elements of Cricket <ul style="list-style-type: none"> • Sprints, runs, long distance running. • Javelin and cricket ball throwing • Jumping for distance Kids will improve their skills by simple challenges and games focused on listed activities.

Year 8	Football/Rugby (Invasion games)	Basketball/Netball (Invasion Games)	Mini Tennis/Badminton (Net Sports)	Dance/Gymnastics	Cricket/Tennis	Athletics and Fitness Training with elements of Cricket <ul style="list-style-type: none"> Sprints, runs, long distance running. Javelin and cricket ball throwing Jumping for distance Kids will improve their skills by simple challenges and games focused on listed activities.
Year 9	Football/Rugby (Invasion games)	Basketball/Netball (Invasion Games)	Mini Tennis/Badminton (Net Sports)	Dance/Gymnastics	Cricket/Tennis	Athletics and Fitness Training with elements of gym routine and team sports. <ul style="list-style-type: none"> 1 mile run, 400m run, Normal size javelin throwing, shot put, long jump triple jump. Developing and improving your skills by possessing the knowledge of how your body works and understanding the movement.
Year 10	Football/Rugby (Invasion games)	Basketball/Netball (Invasion Games)	Mini Tennis/Badminton (Net Sports)	Dance/Gymnastics	Cricket/Tennis	Athletics and Fitness Training with elements of gym routine and team sports. <ul style="list-style-type: none"> 1 mile run, 400m run, Normal size javelin throwing, shot put, long jump triple jump. Developing and improving your skills by possessing the knowledge of how your body

						works and understanding the movement.
Year 11	Football/Rugby (Invasion games)	Basketball/Netball (Invasion Games)	Mini Tennis/Badminton (Net Sports)	Dance/Gymnastics	Cricket/Tennis	<p>Athletics</p> <ul style="list-style-type: none"> • cooper test • 5 mile run • Push up contest • Javelin, discus and shot put • Long jump • High jump • Triple jump <p>Kids will finish their education journey with a positive attitude and knowledge of the subject ready to participate in activities in life, hopefully making the right decisions about their exercise and health.</p>