### **Physical Education** Curriculum **Overview**



Playground Gymnastics Games



Health and Dance Fitness



Health and Dance **Fitness** 



Personal Strike and **Best** Field Challenges Intro





Personal Net and Best Wall Challenges Intro





**YEAR** 

Dance

**Invasion Games** 

Strike and Field

Net and Wall

**Swimming** 

**Gymnastics** 

**Athletics** 

**Health and Fitness** 

Multi Skills

OAA & Team Games

Leadership



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#### **Gymnastics**

Pedpass Unit: 1 Floorwork

#### **Playground Games**

**Developing fundamental** throwing, catching and chasing games

#### **Gymnastics**

Pedpass Unit: 1 **Appartus** 

#### Games - Multi Skills

Focus: Sending, receiving, running and jumping

#### **Helath and Fitness**

Fitness Programme KS1

#### **Dance**

Pedpass Unit 1 Toys

#### **Helath and Fitness** Fitness Programme KS1

**Dance** 

Pedpass Unit 1 **Penguin Small** 

Dance

#### **Personal Best Challenges**

Introduction to Athletic Events - Running, Jumping and Throwing

#### **Strike and Field** (Intro)

Vehicle = Modified Cricket

#### **Personal Best Challenges**

Introduction to Athletic Events - Running, Jumping and Throwing

#### **Net and Wall Games** (intro)

Vehicle = Tennis

Playground **Gymnastics** Games



Games -Multi Skills



Health and **Fitness** 



Dance



Health and **Fitness** 





Personal Strike and **Best** Field Challenges Intro



Personal Net and Best Wall Challenges Intro







#### **Gymnastics**

Pedpass Unit: 1 Floorwork

#### **Playground Games**

**Developing fundamental** throwing, catching and chasing games

#### **Gymnastics**

Pedpass Unit: 1 **Appartus** 

#### Games - Multi Skills

Focus: Sending, receiving, running and jumping

#### **Helath and Fitness**

Fitness Programme KS1

#### **Dance**

Pedpass Unit 1 **Growing Up** 

#### **Helath and Fitness**

Fitness Programme KS1

#### Dance

Pedpass Unit 1 **Pirates** 

#### **Personal Best Challenges**

Introduction to Athletic Events - Running, Jumping and Throwing

#### **Strike and Field** (Intro) Vehicle = Modified Cricket

**Net and Wall Games** (intro) Vehicle = Tennis

**Personal Best Challenges** 

Introduction to Athletic

Events - Running,

Jumping and Throwing



# **Physical Education** Curriculum **Overview**







# Health and **Fitness**

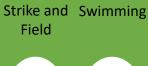
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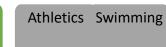
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Swimming











YEAR 3





**Invasion Games** 

Strike and Field

Net and Wall

**Swimming** 

**Gymnastics** 

**Athletics** 

**Health and Fitness** 

**OAA & Team Games** 

Leadership



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#### **Invasion Games**

Pedpass Unit: 1 Vehicle = Football / Skittleball

#### **Gymnastics**

Pedpass Unit 3 Floorwork

#### **Helath and Fitness**

Helath and Fitness Programme LKS2

#### **Gymnatics**

Pedpass Unit 3 **Apparatus** 

#### **Dance**

Pedpass Unit: 3 Machines

#### **Swimming STA Awards**

#### **Dance**

Pedpass Unit 3: Holidays

#### **Swimming STA Awards**

#### Strike and Field

Pedpass Unit:1 Vehicle = Cricket

#### **Swimming STA Awards**

#### **Athletics**

Pedpass Unit:1 Running, Jumping and Throwing

#### **Swimming STA Awards**

Multi Skills





Swimming



Invasion

Games









#### **Gymnastics** Dance



### **Dance Gymnastics**



#### Field **Fitness**



# Health and Strike and



#### Athletics Net and Wall





# YEAR

#### **Swimming** STA Awards

#### **Inasion Games**

Pedpass Unit 2 Vehicle = Netball / Skittleball

#### **Swimming** STA Awards.

#### **Invasion Games** Pepass Unit 2

Vehicle = Tag Rugby / Football

#### Dance

Pedpass Unit 4: **Body Actions** 

#### **Gymnastics**

Pedpass Unit 4 Floorwork

#### Dance

Pedpass Unit 4: Egyptians

#### **Gymnastics**

Pedpass Unit: 4 **Apparatus** 

#### **Health and Fitness**

**Health and Fitmess** Programme LKS2

#### **Striking & Fielding**

Pedpass Unit: 2 Vehicles = Cricket

#### **Net and Wall**

Pedpass Unit: 2 Vehicle = Tennis

#### **Athletics**

Pedpass Unit: 2 Running, Jumping and Throwing

## **Physical Education** Curriculum **Overview**







**Invasion Games** 

Strike and Field

Net and Wall

**Gymnastics** 

**Health and Fitness** 

(Residential Week -Autumn Term 2) Leadership









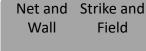






Invasion Athletics Games









**Swimming** 

Multi Skills

**OAA & Team Games** 



Pedpass Unit: 5 Floorwork

#### **Invasion Games**

Pedpass Unit 3 Vehicle = Netball / Football

**Gymnastics** 

Invasion

Games

#### **Gymnastics**

Pedpass Unit: 5 **Apparatus** 

#### **Health and Fitness**

**Health and Fitness** Programme UKS2

**Gymnastics** 

Health and

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#### Dance

Pedpass Unit 5 Space

#### Leadership

Young Leaders Award

#### **Dance**

Pedpass Unit 5 Space

#### OAA

Pedpass Unit 1 Orienteering (Cannock Chase Orientering Day)

#### **Invasion Games**

Pedpass Unit 3 Tag Rugby

#### **Athletics**

Pedpass Unit 3 **Running Tactically** 

#### **Net and Wall**

Pedpass Unit3 Vehicle =Tennis

#### **Striking & Fielding**

Pedpass Unit 3 Vehicles: Cricket & Rounders

Net and Strike and

Field

Wall

**Athletics** 



#### **Gymnastics**

Pedpass Unit: 6 Floorwork

#### **Invasion Games**

Pedpass Unit 4 Vehicle = Netball / Football

#### **Gymnastics**

Pedpass Unit: 6 **Apparatus** 

#### **Health and Fitness**

**Health and Fitness Programme UKS2** 

#### Leadership Dance



Dance

Pedpass Unit 6

War

Leadership

**Young Leaders Award** 

#### Dance



Dance

Pedpass Unit 6

War

OAA

Pedpass Unit 2

Orienteering (Cannock

Chase Orientering Day)

#### OAA Invasion Athletics



# Games



Pedpass Unit 4 Tag Rugby

Pedpass Unit 4 **Running Tactically** 

# YEAR

#### **Invasion Games**

#### **Athletics**

#### Net and Wall

Pedpass Unit 4 Vehicle =Tennis

#### **Striking & Fielding**

Pedpass Unit 4 Vehicles: Cricket & Rounders

