

Rokesly PE Curriculum Overview

KS1	Autumn Term	Spring Term	Summer Term
Year 1	Games: Balancing beanbags & beanbag skills Gym: Travelling & Partner Work Games: Quoits skills, ball skills	Games: Ball Skills Dance: colour and mood. Games: Ball Skills Gym: Body shapes. Making a sequence	Games: Athletic Skills, Throwing Dance: Animals Games: Running, Jumping and Free Choice Gym
Year 2	Gym: Floor work /Travelling Games Gym/ Dance	Gym Games Dance	Games: Dance: At The Seaside Gym Athletics
KS2	Autumn Term	Spring Term	Summer Term
Year 3	Multi-Skills (running, jumping and throwing) Gymnastics (develop flexibility, strength, technique, control and balance) Hockey (invasion/striking and fielding) Dance (develop flexibility, strength, technique, control and balance)	Netball (Invasion/attacking and defending) Circuits (compare their performances and demonstrate improvement to achieve their personal best.) Cricket (striking and fielding) Tag Rugby (throwing and catching)	Football (Invasion/attacking and defending) Rounders (striking and fielding) Athletics (running, jumping and throwing and develop flexibility, strength, technique, control and balance) Tennis (competitive games – striking)
Year 4	Football (Invasion/attacking and defending) Gymnastics (develop flexibility, strength, technique, control and balance)	Hockey (competitive games/attacking and defending) Tag Rugby (throwing and catching)	Swimming Tennis (competitive games – striking) Cricket

	<p>Netball (Invasion/attacking and defending)</p> <p>Dance (develop flexibility, strength, technique, control and balance)</p>	<p>Swimming</p> <p>Circuits (Perform actions with consistency and control)</p>	<p>(striking and fielding) competitive games</p> <p>Athletics (running, jumping and throwing and develop flexibility, strength, technique, control and balance)</p>
Year 5	<p>Swimming</p> <p>Netball (Invasion/attacking and defending)</p> <p>Football (Invasion/attacking and defending)</p>	<p>Swimming</p> <p>Hockey (competitive games/attacking and defending)</p> <p>Athletics (running, jumping and throwing and develop flexibility, strength, technique, control and balance)</p> <p>Gymnastics (develop flexibility, strength, technique, control and balance) flight</p>	<p>Dance (develop flexibility, strength, technique, control and balance)</p> <p>Basketball (Invasion/attacking and defending)</p> <p>Cricket (striking and fielding)</p> <p>Circuits (compare their performances and demonstrate improvement to achieve their personal best.)</p>
Year 6	<p>Athletics (running, jumping and throwing and develop flexibility, strength, technique, control and balance)</p> <p>Gymnastics (develop flexibility, strength, technique, control and balance)</p> <p>Netball (Invasion/attacking and defending)</p> <p>Dance</p>	<p>Hockey (competitive games/attacking and defending) adapting and assessing</p> <p>Football adapting and assessing</p> <p>Tag Rugby (throwing and catching) tactics</p> <p>Circuits</p>	<p>Basketball (Invasion/attacking and defending) developing shooting skills competing</p> <p>Cricket (striking and fielding)</p> <p>Tournament</p> <p>Swimming</p>

	(develop flexibility, strength, technique, control and balance)	(Compare their performances)	
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