

Castlecroft Primary School – Physical Education Curriculum Overview

	Autumn		Spring		Summer	
	Term 1	Term 2	Term 1	Term 2	Term 1	Term 2
Rec	TOP Start Cards – First 5.	BBC Lets move Activities: http://www.bbc.co.uk/programmes/b03q64pk/episodes/downloads	BBC Lets Move Activities / Small apparatus skills http://www.bbc.co.uk/programmes/b03q64pk/episodes/downloads	Large apparatus	Outdoor Activities/ Sportsday events practise.	Outdoor Activities/ Sportsday events practise Cool Kids Activities - ongoing
Year 1	2)GAMES SKILLS: Year1 Games skills and team games plan (uploaded resources)	4)DANCE: KS1 - Val Sabin Dance Manual: Yr1 Unit 1 - Staff choice of dance (staffroom resources) / Bhangra dance day. Additional resource link: BBC Time to move: http://www.bbc.co.uk/programmes/b03q64pl/episodes/downloads	1)GYM: KS1 Val Sabin Teaching Manual: D-Flight, E-balancing (staffroom resources) Multiskills lesson – (See uploaded resources)	2)GAMES SKILLS: Bat and ball skills (uploaded plans)	Athletics - use running, jumping, throwing and catching in isolation and in combination – Sportsday Events Practise	3)TEAM GAMES: Healthy Heroes – Team games (uploaded resources)/ Exploring rings and hoops 4)DANCE: KS1 - Val Sabin Dance Manual: Yr1 Unit 3/4 - Staff choice of dance (staffroom resources)
	Inter sport competitions:	Inter sport competitions:	Inter sport competitions: KS1 Multi-skills competition	Inter sport competitions:	Inter sport competitions: KS1 Gym Competition, SMILE SEND	Intrasport competitions: School Sports Day
Year 2	1)GYM: KS1 Val Sabin Teaching Manual: H – Body Parts (staff room resources) P183-188 2) GAMES SKILLS: KS1 LCP Games 2 - Circle games, catching, racket skills (staff room resources)	3)TEAM GAMES: KS1 LCP Games: Attacking and defending, football (staffroom resources) 4) DANCE: KS1 - Val Sabin Dance Manual: Yr2 Unit 1 – Staff choice of dance (staffroom resources) / Bhangra dance day.	1)GYM : KS1 Val Sabin Teaching Manual: I - Pathways (staffroom resources) P195-200 2) GAMES SKILLS : KS1 LCP Games 2: feeding and fielding (staffroom resources) Multiskills lesson – (See uploaded resources)	3)TEAM GAMES: KS1 Sports activity ideas (uploaded resources) 4)DANCE: Yr2 Val Sabin Dance Manual: Unit 2 – Staff choice of module (staffroom resources)	1) GYM: KS1 Val Sabin Teaching Manual: J- Spinning, K-Linking movements (staffroom resources) P207-212 2)GAMES SKILLS: KS1 LCP Athletics 1: throwing, running, and jumping (classroom resources) / Jess Ennis MTP – intro to Athletics (uploaded resources) • Sports Day Events Practise	2)GAMES SKILLS – Tennis (uploaded resources) 3)TEAM GAMES: Healthy Heroes (uploaded resources) 4) DANCE: Yr2 Val Sabin Dance Manual: Unit 3 – Staff choice of module (staffroom resources)
	Inter sport competitions:	Inter sport competitions:	Inter sport competitions: KS1 Multi-skills competition	Inter sport competitions:	Inter sport competitions: KS1 Gym Competitions: SMILE SEND	Inter sport competitions: Yr2 Sports Festival Intrasport competitions: School Sports Day
Year 3	1)GYMNASTICS: KS2 Val Sabin Teaching Manual: L - Stretching & curling (staffroom resources) P109-114 2)RUNNING, JUMPING, THROWING, CATCHNG SKILLS – British Athletics Resource Folder 7-9 Years (staffroom resources)	3)COMPETITIVE GAMES: Throwing & Catching - Introduction to Benchball, Netball (uploaded resources). 4)DANCE/COMPETITIVE GAMES: Bhangra Dance Day/ KS2 Val Sabin Dance Manual: Yr3 Units 1/2 - Staff choice of dance (staffroom resources) • Designing own game/circuits fitness session & Recording – Flexible use of hall • Incorporating Sports Hall Athletics lessons led by leaders from Yr5/6	1)GYMNASTICS: KS2 Val Sabin Teaching Manual: M - Symmetry/asymmetry (staffroom resources) P121-127 2)GAMES SKILLS: Introduction to TAG, Hockey (uploaded resources) 3)COMPETITIVE GAMES: TAG, Hockey (uploaded resources) 7)IMPROVING PERFORMANCE – Gymnastics filming and review	4) DANCE: KS2 Val Sabin Dance Manual: Yr3 Units 3/4 - Staff choice of dance (staffroom resources) 6)OUTDOOR AND ADVENTUROUS ACTIVITIES: (KS2 LCP Outdoor & Adventure 1 Refer to LCP Planning – Year3/4 Module 1 – p277) - Playground Orientation, site orienteering (staffroom resources)	11)GYMNASTICS: KS2 Val Sabin Teaching Manual: N - Pathways (classroom resources) P135-140 5)ATHLETICS: (KS2 LCP Athletics 1) - Throwing, running, jumping (staffroom resources) • Sports Day Events Practise.	2)GAMES SKILLS – Tennis (uploaded resources) 3)COMPETITIVE GAMES: Rounders (uploaded resources)
	Inter sport competitions:	Inter sport competitions:	Inter sport competitions:	Inter sport competitions: KS2 Gym Competition	Inter sport competitions: Yr3 Sports Festival, SMILE SEND	Intrasport competitions: School Sports Day
Year 4	1)GYMNASTICS: KS2 Val Sabin Teaching Manual: P – Balance (staffroom resources) P159-164 2)RUNNING, JUMPING, THROWING, CATCHNG SKILLS: British Athletics Resource Folder 7-9 Years (staffroom resources)	3)COMPETITIVE GAMES: Throwing & Catching - Benchball/Netball, basketball (uploaded resources) 4)DANCE/COMPETITIVE GAMES - Bhangra Dance Day/ The HAKA (uploaded resources) • Designing own game/circuits fitness session & Recording – Flexible use of hall • Incorporating Sports Hall Athletics lessons led by leaders from Yr5/6 - plan provided by PASS team (uploaded resources) Wet weather: INVENTING OWN TEAM GAMES	1)GYMNASTICS: KS2 Val Sabin Teaching Manual: Q - Receiving body weight (staffroom resources) P171-176 2)GAMES SKILLS - TAG, Hockey (uploaded resources) 3)COMPETITIVE GAMES - TAG, Hockey (uploaded resources) 7)IMPROVING PERFORMANCE– Gymnastics filming and review Wet weather: INVENTING OWN TEAM GAMES	4) DANCE: KS2 Val Sabin Dance Manual: Yr4 Units 1-4 - Staff choice of dance (staffroom resources) 6)OUTDOOR AND ADVENTUROUS ACTIVITIES: Orienteering (uploaded resources)	1)GYMNASTICS: KS2 Val Sabin Teaching Manual: R - Change of face and direction (staffroom resources) P183-188 5)ATHLETICS: (uploaded resources) • Sports Day Events Practise. • Bikeability training	2)GAMES SKILLS – Tennis (uploaded resources) 3)COMPETITIVE GAMES: Rounders (uploaded resources)
	Inter sport competitions: Mixed Relay Cross Country Tournament.	Inter sport competitions:	Inter sport competitions: Cross Country Relay competition	Inter sport competitions: KS2 Gym Competition, Cross Country – Area and Finals	Inter sport competitions: Orienteering – Years 3 &4, Tennis, SMILE SEND	Intrasport competitions: School Sports Day
Year 5	1)GYMNASTICS: KS2 Val Sabin Teaching Manual: T – Bridges (staffroom resources) P205-210 2)RUNNING, JUMPING, THROWING, CATCHNG SKILLS: British Athletics Resource Folder 9-12 Years (staffroom resources)	3)COMPETITIVE GAMES: Throwing & Catching – Netball, basketball (uploaded resources) 4)DANCE/COMPETITIVE GAMES: Bhangra Dance Day/ KS2 Val Sabin Dance Manual: Yr5 Units 1/2 - Staff choice of dance • Designing own game/circuits fitness session & Recording – Flexible use of hall • Incorporating Sports Hall Athletics lessons led by leaders from Yr5/6 - plan provided by PASS team (uploaded resources) Wet weather: INVENTING OWN TEAM GAMES	1)GYMNASTICS: KS2 Val Sabin Teaching Manual: U – Flight (staffroom resources) P217-222 2)GAMES SKILLS: TAG, Hockey (uploaded resources) 3)COMPETITIVE GAMES: Hockey & TAG Rugby – (uploaded resources) 7)IMPROVING PERFORMANCE: Gymnastics filming and review Wet weather: INVENTING OWN TEAM GAMES	4) DANCE: KS2 Val Sabin Dance Manual: Yr5 Units 3/4 - Staff choice of dance (staffroom resources) 6)OUTDOOR AND ADVENTUROUS ACTIVITIES: Orienteering (uploaded resources) 8)SWIMMING: ASA Charter Scheme of work (uploaded resources) http://www.swimming.org/schoolswimming/school-charter-digital-resources/	5)ATHLETICS – Separate scheme of work / – Sports Day Events Practise (uploaded resources) 8)SWIMMING: ASA Charter Scheme of work (uploaded resources) http://www.swimming.org/schoolswimming/school-charter-digital-resources/ • Sports Day Events Practise.	2)GAMES SKILLS – Tennis (uploaded resources) 3)COMPETITIVE GAMES: Rounders (uploaded resources) 1)GYMNASTICS: KS2 Val Sabin Teaching Manual: V – Functional use of limbs (staffroom resources) P229-234 5)ATHLETICS – Separate scheme of work / – Sports Day Events Practise
	Inter sport competitions: Competitive football matches, Mixed Relay Cross Country Tournament.	Inter sport competitions: Competitive football matches, KS2 Sports Hall Athletics Tournament, Girl's Netball Tournament.	Inter sport competitions: Inter sport competitions: Competitive football matches, Cross Country Relay competition, Quicksticks Hockey competition – Yr5, TAG Rugby Festival	Inter sport competitions: KS2 Gym Competition, High Five Mixed Netball competition, TAG Rugby Tournament, Girls & Boys 5 a-side football Competition, Cross Country – Area and Finals	Inter sport competitions: Cricket, Tennis, SMILE SEND	Inter sport competitions: Yr5 Sports Festival, Great School Run Intrasport competitions: School Sports Day

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Year 6	<p>1)GYMNASTICS: KS2 Val Sabin Teaching Manual: X - Matching & Mirroring (staffroom resources) P255-260</p> <p>8)SWIMMING: ASA Charter Scheme of work (uploaded resources) http://www.swimming.org/schoolswimming/school-charter-digital-resources/</p>	<p>3)COMPETITIVE GAMES : Throwing & Catching – Netball, basketball (uploaded resources)</p> <p>4)DANCE - Bhangra Dance Day/ KS2 Val Sabin Dance Manual: Yr6 Units 1/2 - Staff choice of dance (staffroom resources)</p> <p>8)SWIMMING: ASA Charter Scheme of work (uploaded resources) http://www.swimming.org/schoolswimming/school-charter-digital-resources/</p> <ul style="list-style-type: none"> • Designing own game/circuits fitness session & Recording – Flexible use of hall • Incorporating Sports Hall Athletics lessons led by leaders from Yr5/6 - plan provided by PASS team (uploaded resources) <p>Wet weather: INVENTING OWN TEAM GAMES</p>	<p>1)GYMNASTICS: KS2 Val Sabin Teaching Manual: Y- Synchronisation & Canon (staffroom resources) P267-272</p> <p>2) GAMES SKILLS: TAG, Hockey (uploaded resources)</p> <p>3)COMPETITIVE GAMES – Hockey & TAG Rugby (uploaded resources)</p> <p>7)IMPROVING PERFORMANCE– Gymnastics filming and review</p> <p>8)SWIMMING: ASA Charter Scheme of work (uploaded resources) http://www.swimming.org/schoolswimming/school-charter-digital-resources/</p> <p>Wet weather: INVENTING OWN TEAM GAMES</p>	<p>4) DANCE: KS2 Val Sabin Dance Manual: Yr3 Units 3/4 - Staff choice of dance (staffroom resources)</p> <p>6)OUTDOOR AND ADVENTUROUS ACTIVITIES – orienteering (uploaded resources)</p>	<p>1)GYMNASTICS: KS2 Val Sabin Teaching Manual: Z – Hole & Barriers (staffroom resources) P279-284</p> <p>5)ATHLETICS: (uploaded resources)</p> <ul style="list-style-type: none"> • City Athletics trials and practise. • Sports Day Events Practise. • Bikeability training 	<p>2)GAMES SKILLS – Tennis (uploaded resources)</p> <p>8)SWIMMING: ASA Charter Scheme of work (uploaded resources) http://www.swimming.org/schoolswimming/school-charter-digital-resources/</p>
	<p>Inter sport competitions: Competitive football matches, Mixed Relay Cross Country Tournament.</p>	<p>Inter sport competitions: Competitive football matches, KS2 Sports Hall Athletics Tournament, Girl's Netball Tournament.</p>	<p>Inter sport competitions: Competitive football matches, Cross Country Relay competition, TAG Rugby Festival</p>	<p>Inter sport competitions: KS2 Gym Competition, High Five Mixed Netball competition, Hockey Tournament – Yr6, TAG Rugby Tournament, Swimming GALA, Girls & Boys 5 a-side football Competition, Cross Country – Area and Finals</p>	<p>Inter sport competitions: Cricket, City Athletics – Heats, SMILE SEND</p>	<p>Inter sport competitions: City Athletics – Finals Intrasport competitions: School Sports Day</p>