

Street Racket

Begin to perform forehand, backhand and volley skills with accuracy.
Apply skills learnt in a competitive setting.



STREET RACKET

anyone – anywhere – anytime



Striking & Fielding

React quickly and catch balls thrown at different heights and angles.
Throw the ball accurately over a larger distance.
Strike a bowled ball into space.



Dodgeball

Develop throwing, catching and accuracy skills.
Develop different ways of moving to avoid the ball.
Work as a team to defeat an opponent.



Athletics

Learn how to sprint correctly.
Learn how to throw the vortex effectively.
Learn how to long/high jump effectively.
Learn how to run a middle-distance event effectively.



SUMMER TERM

Health & Fitness

Understand the different types of fitness.
To begin to understand the fitness elements of stamina, speed, power, and agility and their impact on performance.



Ultimate Frisbee

Perform backhand & forehand passing and catching skills with accuracy.
Perform pivoting skill with accuracy.
Apply skills learnt in a competitive setting.



Tchoukball

Use running, jumping, throwing and catching in isolation and in combination.
Develop flexibility, strength, technique, control and balance.
Play competitive games.



SPRING TERM

Football

Perform basic dribbling and passing skills.
Understand how to receive the ball.
Develop a range of shooting techniques.



Tag-Rugby

To improve handling and passing skills.
To be an effective team member.
To be able to put a tag belt on with more independence.



Netball

Pass and receive the ball on the move and perform the correct footwork.
Perform a variety of dodges.
Shooting into netball posts.



AUTUMN TERM

Core Skills

Understand why we warm-up/cool-down.
Develop basic throwing/catching skills.
Develop basic striking/fielding skills.
Develop basic jumping/dodging skills.

Gymnastics

Show tension and extension when balancing.
Create short sequences that include balances and jumps using tension, extension, balance and control.

Cross-Country

Run the cross-country distance appropriate to their year group and record a time, and to undertake a leadership role.

Your Physical
Education Journey
starts here...