

## CURRICULUM INTENT: PREP PE

At North London Grammar School, the intent of teaching Physical Education is to give children the tools and understanding required to make a positive impact in their own physical health and well-being. We want all children to experience a wide variety of sports and physical skills which will enhance life-long fitness and life choices. PE can challenge and promote self-esteem through the development of physical confidence and problem solving. It can teach children to cope with both success and failure in competitive, individual and team based physical activities. Within dance it will allow children to explore their personal and spiritual identity.

## CURRICULUM IMPLEMENTATION: PREP PE

|                     | AUTUMN TERM   |  | SPRING TERM   |  | SUMMER TERM  |  | TRIPS AND EVENTS                            |
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|                     | Autumn 1  | Autumn 2   | Spring 1  | Spring 2   | Summer 1   | Summer 2   |   |
| Year 3 /4 Knowledge | <b>Gymnastics and Football (invasion game)</b>  | <b>Netball and Hockey (Invasion Games)</b>   | <b>Swimming</b>   | <b>Badminton</b>   | <b>Athletics</b>   | <b>Rounders and Cricket (Striking &amp; Fielding)</b>  | <b>School fixtures and sports festivals</b> |
|                     | <p><b>Gymnastics</b><br/>Developing flexibility, strength, technique, control and balance.<br/><b>Jumps and Leaps.</b><br/>Learn and perform a range.<br/><b>Rolls.</b> Learn and perform a range – straddle forward roll and backward roll.<br/><b>Round-offs.</b><br/>A lunge into a cartwheel correctly.<br/><b>Linking movements.</b><br/>Link movements together by performing a straight jump full turn, a cat leap half turn and pivot.<br/><b>Performance.</b><br/>Adapt, improve and perform a movement sequence with a theme.</p> <hr/> <p><b>Football</b><br/>Develop flexibility, strength, technique, control and balance.</p> | <p><b>Netball</b><br/>To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.<br/>Use running, jumping, throwing and catching in isolation and in combination.<br/>Developing flexibility, strength, technique, control and balance.<br/><b>To develop catching technique.</b><br/>Develop different passing techniques.<br/><b>To understand the footwork rule.</b><br/>Learn how to pivot.<br/><b>To develop dodging technique.</b><br/>Understand how to mark correctly.<br/><b>To develop shooting technique.</b></p> | <p><b>Swimming</b><br/>To swim competently, confidently and proficiently over a distance of at least 25 metres.<br/>Use front crawl, backstroke and breaststroke effectively.<br/>Perform safe self-rescue in different water-based situations.</p> | <p><b>Badminton</b><br/>To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.<br/>To use running, jumping, throwing and catching in isolation.<br/>Developing flexibility, strength, technique, control and balance.<br/><b>Introduce grip and ready position</b><br/>To use the correct grip.<br/>To recognise the flight of the shuttle and to contact the shuttle with the face of the racket from a ready position.</p> | <p><b>Athletics</b><br/>To use running, jumping, throwing and catching.<br/>Developing flexibility, strength, technique, control and balance.<br/>Compare performances with previous ones &amp; demonstrate improvement.<br/><b>The FUNDamentals of Athletics.</b><br/>To practise existing running, jumping and throwing skills.<br/><b>Sprinting</b><br/>To effectively use sprinting technique.<br/>To effectively use finish technique.<br/><b>Hurdling</b><br/>To run with fluency over hurdles.<br/><b>Jumping</b><br/>To perform standing long jump accurately.</p> | <p><b>Rounders</b><br/>To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.<br/>Developing flexibility, strength, technique, control and balance.<br/><b>Careful catching.</b><br/>To catch with accuracy.<br/><b>Target practice.</b><br/>Overarm throw to hit target.<br/><b>Successful striking.</b><br/>Striking a ball in an intended direction.<br/><b>Fantastic fielding.</b><br/>Working cooperatively to field a ball.<br/><b>Game play.</b><br/>Using striking and fielding skills in a game.<br/><b>Inventing games.</b><br/>Designing and playing games that use striking and fielding skills.</p> |   |

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|  | <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p><b>Ball control and dribbling.</b><br/>Dribbling and ball control skills.<br/>Techniques to move with ball.</p> <p><b>Passing skills (perfect passing)</b><br/>Develop passing and receiving skills, increasing accuracy and success.</p> <p><b>Attacking skills (space invaders)</b><br/>To find and use space effectively. To use attacking skills and strategies.</p> <p><b>Defending skills (Dazzling defending)</b><br/>To learn marking and tackling.<br/>To use defending skills and strategies.</p> <p><b>Shooting &amp; Fitness.</b><br/>Learning how to shoot into goals.<br/>Understand the importance of fitness.</p> <p><b>Goalkeeping skills.</b><br/>To use goalkeeping skills and strategies.</p> <p><b>Game &amp; Teamwork.</b><br/>Use attacking and defending skills.<br/>Work as part of a team</p> | <p>Understand importance of using space in a game.</p> <p><b>To understand the different positions in High Five Netball.</b><br/>To play as part of a team in netball.</p> <hr/> <p><b>Hockey</b><br/>Playing competitive games, modify and apply basic principles suitable for attacking and defending.<br/>Developing flexibility, strength, technique, control and balance.</p> <p><b>What is hockey?</b><br/>Introduction.<br/>Use correct grip to hold the hockey stick.<br/>Control the ball - closed and open dribble.</p> <p><b>Passes</b><br/>Perform a push pass with control.<br/>Dribble a ball with control and to perform short passes to a team member.</p> <p><b>Shooting at goals.</b><br/>Performing a shot into goals using the correct technique.</p> <p><b>Tackling</b><br/>Block &amp; lunge tackle.</p> <p><b>Game play.</b><br/>Small-sided games.<br/>Apply the basic rules.</p> |  | <p>To understand the different lines and areas on the court and move between them quickly.</p> <p><b>Introduce the underarm clear</b><br/>To perform underarm clear with control and coordination.</p> <p><b>Introduce overhead clear</b><br/>To perform overhead clear with control and fluency.</p> <p><b>Basic underarm service &amp; court lines</b><br/>To accurately perform a serve.<br/>Strike the shuttle consistently with enough height and weight to carry the net.</p> | <p>To jump for distance.</p> <p><b>Throwing</b><br/>To develop and refine different throwing techniques.</p> <p><b>Shotput throw.</b><br/>Push throw technique.</p> <p><b>Relay running</b><br/>Apply the passing of the baton.<br/>Practise relay running.</p> | <p><b>Cricket</b><br/>To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Developing flexibility, strength, technique, control and balance.</p> <p><b>Catches win matches.</b><br/>Using the correct catching techniques when fielding.</p> <p><b>Stop and throw.</b><br/>Using an accurate overarm throw to hit a target. Using the long barrier technique.</p> <p><b>Super striking – Defending.</b><br/>Learning defensive hitting techniques for batting.</p> <p><b>Super striking – Attacking.</b><br/>Learning attacking hitting technique for batting.</p> <p><b>Bowled over.</b><br/>Bowl overarm from a standing position.</p> <p><b>Kwik cricket.</b><br/>Know and apply rules during a game.<br/>Use fielding, batting and bowling skills.</p> |  |
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| <b>Year 3 /4<br/>Skills</b> | <b>Literacy</b><br>Peer and self-assessment written tasks. Using sports-specific vocabulary. Reading and analysing instructions. Keeping track of progress in booklet.   |  |  |  |   |  |
|                             | <b>Numeracy</b><br>Keeping track of score. Organising group numbers.   |  |  |  |   |  |
|                             | <b>SMSC</b><br>Promoting teamwork throughout lessons supporting one another to develop their skills in a cooperative situation. Encourage students to recognise and respect social differences and similarities. Respect with equipment both when using it and when storing it. Reflecting and critiquing their own and other performances.  |  |  |  |   |  |
|                             | <b>Subject Specific Skills</b><br><u><b>Gymnastics</b></u><br>Take off: and land on both feet; land on one foot; land from a raised platform; land between two marked out areas on the ground. Rolls: Egg, pencil, dish, teddy bear, forward straddle' backward roll into straddle. Cartwheel. Full & half turn jumps. Perform a sequence.<br><u><b>Football</b></u><br>Dribble: speed and change of pace. Use inside, outside and sole of foot. Passing over short distance; running into space to receive the ball. Defending and attacking tactics. Shooting. Basic rules. Small-sided games. | <b>Subject Specific Skill</b><br><u><b>Netball</b></u><br>Passes: bounce, chest, overhead.<br>Dodging & marking. Using space in a game. Shooting, footwork, Pivoting. Positions.<br><u><b>Hockey</b></u><br>Grip of stick. Ball control: open and closed dribble. Pushing and slapping the ball. Flat stick and lunge tackle. Trapping the ball. Passing square and through. Small- sided games. Basic rules. Defensive and attacking positions in 5 a side. | <b>Subject Specific Skill</b><br><u><b>Swimming</b></u><br>Crawl, backstroke, breaststroke, butterfly. Safety in and out the pool. | <b>Subject Specific Skill</b><br><u><b>Badminton</b></u><br>Racquet control (underarm clear, overhead clear) Footwork Serve Court lines identification | <b>Subject Specific Skill</b><br><u><b>Athletics</b></u><br>Shotput Javelin Throwing with tennis ball (accuracy and distance) Standing long jump 60 m, relays | <b>Subject Specific Skills</b><br><u><b>Rounders</b></u><br>Ball familiarisation Catching Throwing underarm and overarm Bowling Base positions Outer fielding Batting Backstop Underarm bowling Basic rules of rounders<br><br><u><b>Cricket</b></u><br>Catching and throwing Long barrier fielding Batting Running between wickets Wicket keeping Bowling |
| <b>Year 5<br/>Knowledge</b> | <b>Gymnastics and Football – (invasion)</b>  | <b>Netball and Hockey (Invasion Games)</b>   | <b>Swimming</b>  | <b>Badminton</b>   | <b>Athletics</b>  | <b>Rounders and Cricket (Striking and fielding)</b>  |
|                             | <u><b>Gymnastics.</b></u><br>Developing flexibility, strength, technique, control and balance.   | <u><b>Netball</b></u><br>Playing competitive games, modify and   | <u><b>Swimming</b></u><br>Swimming competently, confidently and  | <u><b>Badminton</b></u><br>Playing competitive games, modify and apply basic principles  | <u><b>Athletics</b></u><br>Using running, jumping, throwing and   | <u><b>Rounders &amp; Cricket</b></u><br>Playing competitive games, modify and apply basic principles   |

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| <p>Compare performances with previous ones and demonstrate improvement</p> <p><b>Jumps and Leaps.</b><br/>Learn and perform a range.</p> <p><b>Rolls.</b><br/>Learn and perform a range.<br/>Perform pike rolls.</p> <p><b>Handstands, cartwheels &amp; round-offs.</b><br/>Learn and perform round-offs.</p> <p><b>Linking Movements.</b><br/>Choose linking moves to create sequences.</p> <p><b>Performance.</b><br/>Choreograph and perform in a pair or group, in time.</p> <hr/> <p><b>Football</b><br/>Develop flexibility, strength, technique, control and balance. Playing competitive games, modify and apply basic principles suitable for attacking and defending. Using running, jumping, throwing and catching in isolation and in combination.</p> <p><b>Ball control and dribbling.</b><br/>Refining ball control skills.<br/>Using a range of skills to move with the ball.</p> | <p>apply basic principles suitable for attacking and defending.<br/>Using running, jumping, throwing and catching in isolation and in combination. Developing flexibility, strength, technique, control and balance.</p> <p><b>Passing and Catching</b><br/>Refining catching and throwing.</p> <p><b>Netball passes.</b><br/>How to catch a netball in different ways.</p> <p><b>Foot work and Pivoting</b><br/>How to pivot. Understand footwork rule.</p> <p><b>Outwit defender</b><br/>How to outwit a defender to receive a pass.</p> <p><b>Attacking and defending.</b><br/>How to one-on-one mark an opposition. Aiming for a target.</p> <p><b>High 5 Netball tournament</b><br/>Playing a netball tournament.</p> <hr/> <p><b>Hockey</b><br/>Playing competitive games, modify and apply basic principles suitable for attacking and defending.</p> | <p>proficiently over a distance of at least 25 metres.<br/>Use a range of strokes effectively (front crawl, backstroke and breaststroke)<br/>Perform safe self-rescue in different water-based situations.</p> | <p>suitable for attacking and defending.<br/>Using running, jumping, throwing and catching in isolation and in combination. Developing flexibility, strength, technique, control and balance.</p> <p><b>Recap grip and ready position</b><br/>Using correct grip. Recognise flight of the shuttle and to contact the shuttle with the face of the racket from a ready position. Understanding different lines and areas on court and moving between them quickly.</p> <p><b>Recap underarm clear</b><br/>Perform underarm clear with control and coordination. Understand when best to use it.</p> <p><b>Recap overhead clear</b><br/>Perform overhead clear with control and fluency. Begin to outwit opponents with movement of the shuttle.</p> | <p>catching in isolation and in combination. Developing flexibility, strength, technique, control and balance. Compare performances with previous ones and demonstrate improvement.</p> <p><b>Fundamentals of Athletics.</b><br/>Refining running, jumping and throwing skills.</p> <p><b>Sprint start.</b><br/>To sustain running pace over longer distance.</p> <p><b>Jumping for height.</b><br/>To practise jumping for height.</p> <p><b>Discus</b><br/>Learning the fling throw technique.</p> <p><b>Javelin</b><br/>Learning and use the correct technique.</p> <p><b>Relay running</b><br/>To learn and apply passing of the baton. To practise relay running.</p> | <p>suitable for attacking and defending. Using running, jumping, throwing and catching in isolation and in combination. Identify and apply tactics and strategies in a game.</p> <p><b>Batting and bowling.</b><br/>Learning the correct techniques.</p> <p><b>Throwing and catching.</b><br/>Using the correct technique for throwing and catching when fielding.</p> <p><b>Backstop and bases (rounders)/wickets, point fielder and slip (cricket).</b><br/>To know the roles and responsibilities of the backstop and base fielders. To field effectively in these positions and demonstrate good skill and technique.</p> <p><b>Deep Fielding.</b><br/>To know the roles and responsibilities of the deep fielders. To field effectively in these positions and demonstrate good skill and technique.</p> <p><b>Tactics and strategy.</b><br/>To be able to 'read' the game and apply tactics to outwit opponents.</p> | <p><b>School fixtures and sports festivals</b></p> |
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|                             | <p><b>Passing and possession.</b><br/>Using correct technique to pass. Keep possession of the ball.</p> <p><b>Attacking Play</b><br/>Using different tactics for attacking.</p> <p><b>Tackling Technique.</b><br/>Winning back possession of the ball.</p> <p><b>Attacking and defending tactics.</b><br/>To adapt movements for attacking and defending.</p> <p><b>Game play.</b><br/>To use skills taught in a small-sided game.</p> | <p>Using running, jumping, throwing and catching in isolation and in combination. Developing flexibility, strength, technique, control and balance.</p> <p><b>Dribbling</b><br/>Using closed, open and Indian dribble.</p> <p><b>Passing</b><br/>Accurately pass a ball over a short distance. Understanding when best is to pass ball.</p> <p><b>Shooting.</b><br/>Shooting at goals from any angle.</p> <p><b>Tackling/Defending</b><br/>Using block or lunge tackle.</p> <p><b>Attacking.</b><br/>Using right-side dodge and drag back and release ball. Channelling.</p> <p><b>Game and rules</b><br/>Small-sided games and rules.</p> |  | <p><b>Introduce drop shot</b><br/>Able to outwit opponents using a drop shot.</p> <p><b>Recap basic underarm service &amp; court lines</b><br/>Serving accurately. Strike shuttle consistently with enough height. Begin to score a doubles game using the correct court markings.</p> |  | <p><b>Playing a competitive game.</b><br/>To know and apply the rules during a game. To use a range of throwing, catching, fielding and batting strategies.</p> |  |
| <p><b>Year 5 Skills</b></p> | <p><b>Literacy</b><br/>Peer and self-assessment written tasks. Using sports-specific vocabulary. Reading and analysing instructions. Keeping track of progress in booklet.</p>   |  |  |  |  |   |  |
|                             | <p><b>Numeracy</b><br/>Keeping track of score. Organising group numbers.</p>   |  |  |  |  |   |  |
|                             | <p><b>SMSC</b><br/>Promoting teamwork throughout lessons supporting one another to develop their skills in a cooperative situation. Encourage students to recognise and respect social differences and similarities. Respect with equipment both when using it and when storing it. Reflecting and critiquing their own and others' performances.</p>  |  |  |  |  |   |  |

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|                         | <p><b>Subject Specific skills</b><br/><b><u>Gymnastics</u></b><br/>Rolls: tuck, log, arched back, teddy bear, James' Bond, forward, backward and pike roll. Straddle and pike jump. Cat leap. Cartwheels. Hand-stands. Choreograph and perform a sequence in groups and to music.</p> <p><b><u>Football</u></b><br/>Dribbles: speed, change of pace, feints, chops/cuts, stop-starts, drags. Dribble with inside, outside and sole of foot and stop ball. Passing over short and long distances. Running into space to receive ball. Defending and attacking. Shooting: laces of shoes or inside of foot.</p> | <p><b>Subject Specific Skill</b><br/><b><u>Netball</u></b><br/>Catching and passing: bounce, chest and overhead pass. Dodging. Marking. Using space in a game. Shooting. Footwork. Pivoting Positions.</p> <p><b><u>Hockey</u></b><br/>Dribbles: Indian, open and closed dribble. Square through passes. Shooting at goals on the move. Block and lunge tackle. Drag, right and left side dodge. Channelling and counter press. Positional play and rules in a 5-sided game.</p> | <p><b>Subject specific skill</b><br/><b><u>Swimming</u></b><br/>Crawl, breaststroke, backstroke and butterfly. Safety out and in the pool.</p>                              | <p><b>Subject Specific Skill</b><br/><b><u>Badminton</u></b><br/>Racquet control (underarm clear, overhead clear, drop shot) Footwork Serve Scoring in doubles Remember the role of the lines on the court</p>                   | <p><b>Subject Specific Skills</b><br/><b><u>Athletics</u></b><br/>Shotput Javelin Discus 100m, 200m, 400m Relays</p>  | <p><b>Subject Specific Skills</b><br/><b><u>Rounders</u></b><br/>Ball familiarisation Catching Throwing underarm and overarm Bowling Base positions Outer fielding Batting Backstop Underarm bowling Basic rules of rounders</p> <p><b><u>Cricket</u></b><br/>Catching and throwing Long barrier fielding Batting Running between wickets Wicket keeping Bowling</p> |  |
| <b>Year 6 Knowledge</b> | <b>Gymnastics &amp; Football</b>  | <b>Netball and Hockey (Invasion Games)</b>   | <b>Swimming</b>   | <b>Badminton</b>   | <b>Athletics</b>  | <b>Rounders and Cricket (Striking and Fielding)</b>  |  |
|                         | <p><b><u>Gymnastics</u></b><br/>Developing flexibility, strength, technique, control and balance. Improving and performing in a group gymnastics routine.</p> <p><b>Jumps and leaps.</b><br/>Accurately perform a cat leap full turn and a stag leap. Perform off benches.</p>  | <p><b><u>Netball</u></b><br/>Using running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance.</p> <p><b>Recap and refine passing and catching skills.</b></p>   | <p><b><u>Swimming</u></b><br/>To swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (front crawl,</p> | <p><b><u>Badminton</u></b><br/>To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending in the context of netball and hockey. To use running, jumping, throwing</p> | <p><b><u>Athletics</u></b><br/>To use running, jumping, throwing and catching in isolation and in combination in the context of athletics. Developing flexibility, strength, technique, control and balance. Compare performance with previous ones and</p> | <p><b><u>Rounders &amp; Cricket</u></b><br/>Playing competitive games, modify and apply basic principles suitable for attacking and defending.</p> <p><b>Speedy Catching</b><br/>To react quickly and catch balls thrown at different heights and angles.</p>  |  |

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| <p><b>Rolls.</b><br/>Learning a range. Accurately perform a dive forward and a pike backward roll.<br/>To perform on bench.</p> <p><b>Cartwheels &amp; round-offs.</b><br/>Learning a hurdle step into cartwheel and round-off.</p> <p><b>Linking movements.</b><br/>Perform a series of movements in quick succession, linked together to form a sequence.</p> <p><b>Performance.</b><br/>Adapt, improve and perform a group routine.<br/>Work in a large group to choreograph and perform a routine in time to music.</p> <hr/> <p style="text-align: center;"><b>Football</b></p> <p>Developing flexibility, strength, technique, control and balance.<br/>To play competitive games, modify and apply basic principles suitable for attacking and defending.<br/>Using running, jumping, throwing and catching in isolation and in combination.</p> <p><b>Ball control, dribbling and passing.</b></p> | <p>Describe 3 different passes and explain when each type would be used.</p> <p><b>Footwork &amp; pivoting</b></p> <p><b>Creating and using space in a game.</b></p> <p><b>Scoring in Netball</b><br/>Describe scoring.</p> <p><b>Distinguish the different Netball positions</b><br/>Perform in at least three different positions.</p> <p><b>Defending in Netball</b><br/>Explain how to defend using blocking.<br/>Applying it in a game.</p> <p><b>Shooting</b><br/>Recall shooting technique and describe tactics.</p> <hr/> <p style="text-align: center;"><b>Hockey</b></p> <p>Playing competitive games, modify and apply basic principles suitable for attacking and defending.<br/>Developing flexibility, strength, technique, control and balance.</p> <p><b>Recap and refine dribbling skills</b><br/>Describe 3 different dribbles and explain when each would be used.</p> | <p>backstroke and breaststroke)<br/>Perform safe self-rescue in different water-based situations.</p> | <p>and catching in isolation and in combination.<br/>To develop flexibility, strength, technique, control and balance.</p> | <p>demonstrate improvement.</p> <p><b>Fundamentals of Athletics.</b><br/>Refine fundamental movement skills.</p> <p><b>Sprint Relays.</b><br/>To work as a team to competitively perform a sprint relay.</p> <p><b>Middle-distance and long-distance running.</b><br/>To control running pace over a range of distances.<br/>How to hurdle.<br/>To refine hurdling skills.</p> <p><b>Jumping Jamboree</b><br/>To practise and refine jumping techniques.</p> <p><b>The heave throw.</b><br/>To throw for distance using a heave throw technique.</p> | <p><b>Approaching the ball when fielding.</b><br/>To approach the ball using the effective fielding technique.</p> <p><b>Distance Throwing.</b><br/>To throw the ball accurately over a large distance.</p> <p><b>Brilliant batting.</b><br/>To strike a bowled ball over a large distance (rounders) into space.<br/>To strike a bowled ball over a short and long distance (cricket).</p> <p><b>Bowled Over.</b><br/>To bowl a ball overarm (cricket)/underarm (rounders) at a target.</p> <p><b>Skill circuit.</b><br/>Applying striking and fielding skills to complete a circuit of activities.</p> | <p><b>School fixtures and sports festivals</b></p> |
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|               | <p>Apply skills and knowledge to move and pass with the ball.</p> <p><b>Attacking</b><br/>Apply a range of attacking skills and techniques in a game.</p> <p><b>Defending</b><br/>Apply a range of defending skills and techniques in a game.</p> <p><b>Invent a game.</b><br/>Invent a new game that requires attacking and defending skills.</p>  | <p><b>Passing</b> Using short and quick one to ones.</p> <p><b>Attacking</b> Describe what is space and explain how to create it.</p> <p><b>Defending</b><br/>Explain channelling and man to man.</p> <p><b>Shooting.</b><br/>Dribble and passing in partners; shooting while on the run and under pressure.</p> <p><b>Positional play</b><br/>Describe the different hockey positions and play in at least two different positions.</p> |  |  |   |   |
| Year 6 Skills | <p><b>Literacy</b><br/>Peer and self-assessment written tasks. Using sports-specific vocabulary. Reading and analysing instructions. Keeping track of progress in booklet.</p>  |  |  |  |   |   |
|               | <p><b>Numeracy</b><br/>Keeping track of score. Organising group numbers</p>   |  |  |  |   |   |
|               | <p><b>SMSC</b><br/>Promoting teamwork throughout lessons supporting one another to develop their skills in a cooperative situation. Encourage students to recognise and respect social differences and similarities. Respect with equipment both when using it and when storing it. Reflecting and critiquing their own and others' performances. Opportunity to socialize with others and learn different skills such as communication, tolerance, trust, empathy and respect for others. They also learn positive team skills including cooperation, leadership, cohesion and responsibility. Students who play sports or participate in other physical activities experience a variety of emotions and learn how to better cope in stressful, challenging or painful situations.</p> |  |  |  |   |   |
|               | <p><b>Subject Specific Skill</b><br/><u>Gymnastics</u><br/>Rolls: tuck, log, arched back, teddy bear, James' Bond, forward, backward, pike, dive forward, pike backward roll.</p>   | <p><b>Subject Specific Skill</b><br/><u>Netball</u><br/>Catching, Bounce pass, chest pass, overhead pass.<br/>Dodging, Marking<br/>Using space in a game.<br/>Shooting, Footwork<br/>Pivoting</p>  | <p><b>Subject Specific Skill</b><br/><u>Swimming</u><br/>Crawl, breast stroke, backstroke and butterfly.<br/>Safety out and in the pool.</p> | <p><b>Subject Specific Skill</b><br/><u>Badminton</u><br/>Racquet control (underarm clear, overhead clear, drop shot)<br/>Footwork<br/>Serve</p> | <p><b>Subject Specific Skills</b><br/><u>Athletics</u><br/>Shotput<br/>Javelin<br/>Discus<br/>Long jump<br/>100m, 200m, 800m<br/>Relays</p> | <p><b>Subject Specific Skills</b><br/><u>Rounders</u><br/>Ball familiarisation<br/>Catching<br/>Throwing underarm and overarm<br/>Bowling<br/>Base positions<br/>Outer fielding</p> |



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|  | <p>Straddle and pike jump, cat leap half turn and stag leap.<br/>Cartwheels. Start and round off a sequence.<br/>Choreograph and perform a sequence in groups and to music.</p> <p><b>Football</b></p> <p>Dribbles: speed, change of pace, feints, chops/cuts, stop-starts, drags. Inside, outside and sole of foot to dribble and stop ball.<br/>Passing over short and long distances.<br/>Running into a space to receive the ball.<br/>Defence and attacking tactics – zone marking and man to man.</p> | <p>Positions and roles in Netball.</p> <p><b>Hockey</b></p> <p>Grip, ball control, dribbling. To recap open, closed, Indian dribble and slalom dribble. Push shot from moving position.<br/>Pushing on the run with a partner and taking a shot at goals.<br/>Trapping the ball.<br/>Lunge and block tackles. Decision making in a game situation.<br/>Know and understand basic rules and roles of different positions.</p> |  | <p>Scoring in doubles and singles.<br/>Identify lines used in singles and doubles.</p> |  | <p>Batting<br/>Backstop<br/>Underarm bowling<br/>Basic rules of rounders</p> <p><b>Cricket</b></p> <p>Catching and throwing<br/>Long barrier fielding<br/>Batting<br/>Running between wickets<br/>Wicket-keeping<br/>Bowling</p> |  |
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**IMPACT: PE:**

Helps students understand how exercise helps them to develop a healthy lifestyle, gain a variety of skills that help them to participate in a variety of physical activities and enjoy an active lifestyle. PE improves motor skills, increases muscle strength, and can contribute to students building positive relationships with exercise. This, in turn, makes students more likely to engage in healthy activity outside of school, helping combat childhood obesity.