







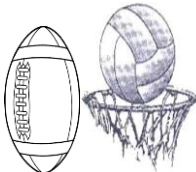





























# Curriculum Overview: PE

Physical Education at Morningside "Exercise your body and mind"						
In PE, we must make sure we always wear our PE kits. They consist of a white t-shirt, dark bottoms/shorts and plimsolls/trainers						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1						
	<b>We are great at Multisports!</b> <ul style="list-style-type: none"> <li>• Space</li> <li>• Movement</li> <li>• Running &amp; jumping</li> <li>• Throwing &amp; catching</li> <li>• Balance</li> <li>• Coordination</li> </ul>	<b>We are Dancers, Gymnasts and Yogi!</b> <ul style="list-style-type: none"> <li>• Flexibility</li> <li>• Movement</li> <li>• Balance</li> <li>• Strength</li> </ul>	<b>We are great at Multisports!</b> <ul style="list-style-type: none"> <li>• Space</li> <li>• Movement</li> <li>• Running &amp; jumping</li> <li>• Throwing &amp; catching</li> <li>• Balance</li> <li>• Coordination</li> </ul>	<b>We are Dancers, Gymnasts and Yogi!</b> <ul style="list-style-type: none"> <li>• Flexibility</li> <li>• Movement</li> <li>• Balance</li> <li>• Strength</li> </ul>	<b>We are fit and athletic!</b> <p>To get ready for sports day we focus on:</p> <ul style="list-style-type: none"> <li>• Throwing</li> <li>• Running</li> <li>• Sprinting</li> </ul>	<b>We are recapping the FUNdamentals!</b> <ul style="list-style-type: none"> <li>• Space</li> <li>• Movement</li> <li>• Running &amp; jumping</li> <li>• Throwing &amp; catching</li> <li>• Balance</li> <li>• Coordination</li> </ul>
Year 2						
	<b>We are advanced at Multisports!</b> <ul style="list-style-type: none"> <li>• Space</li> <li>• Movement</li> <li>• Running &amp; jumping</li> <li>• Throwing &amp; catching</li> <li>• Balance</li> <li>• Coordination</li> </ul>	<b>We are Dancers, Gymnasts and Yogi!</b> <ul style="list-style-type: none"> <li>• Flexibility</li> <li>• Movement</li> <li>• Balance</li> <li>• Strength</li> </ul>	<b>We are Tag-Rugby and Netball players!</b> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Positioning</li> <li>• Attacking</li> <li>• Defending</li> </ul>	<b>We are team players!</b> <p>Whilst playing hockey we focus on:</p> <ul style="list-style-type: none"> <li>• Teamwork</li> <li>• Communication</li> </ul> <p>As well as</p> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Dribbling</li> <li>• Shooting</li> </ul>	<b>We are fit and athletic!</b> <p>To get ready for sports day we focus on:</p> <ul style="list-style-type: none"> <li>• Throwing</li> <li>• Running</li> <li>• Sprinting</li> </ul>	<b>We are Cricketers and play Rounders!</b> <ul style="list-style-type: none"> <li>• Throwing</li> <li>• Catching</li> <li>• Positioning</li> <li>• Attacking</li> <li>• Defending</li> <li>• Teamwork</li> <li>• Communication</li> </ul>

# Curriculum Overview: PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3						
	<b>We are advanced at Multisports!</b> <ul style="list-style-type: none"> <li>• Space</li> <li>• Movement</li> <li>• Running &amp; jumping</li> <li>• Throwing &amp; catching</li> <li>• Balance</li> <li>• Coordination</li> </ul>	<b>We are Dancers, Gymnasts and Yogi!</b> <ul style="list-style-type: none"> <li>• Flexibility</li> <li>• Movement</li> <li>• Balance</li> <li>• Strength</li> </ul>	<b>We are Tag Rugby and Handball players!</b> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Positioning</li> <li>• Attacking</li> <li>• Defending</li> <li>• Shooting</li> </ul>	<b>We are Hockey and Short Tennis players!</b> <ul style="list-style-type: none"> <li>• Techniques for holding equipment</li> <li>• Hitting the ball</li> <li>• Passing</li> <li>• Different styles of shots</li> </ul>	<b>We are fit and athletic!</b> <p>To get ready for sports day we focus on:</p> <ul style="list-style-type: none"> <li>• Throwing</li> <li>• Running</li> <li>• Sprinting</li> </ul>	<b>We are Cricketers and play Rounders!</b> <ul style="list-style-type: none"> <li>• Throwing</li> <li>• Catching</li> <li>• Positioning</li> <li>• Attacking</li> <li>• Defending</li> <li>• Teamwork</li> <li>• Communication</li> </ul>
Year 4						
	<b>We are Basketballers, Netballers and Footballers!</b> <ul style="list-style-type: none"> <li>• Dribbling</li> <li>• Passing techniques</li> <li>• Shooting</li> </ul>	<b>We are Dancers, Gymnasts and Yogi!</b> <ul style="list-style-type: none"> <li>• Flexibility</li> <li>• Movement</li> <li>• Balance</li> <li>• Strength</li> </ul>	<b>We are Tag Rugby and Handball players!</b> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Positioning</li> <li>• Attacking</li> <li>• Defending</li> <li>• Shooting</li> </ul>	<b>We are Hockey, Badminton and Short Tennis players!</b> <ul style="list-style-type: none"> <li>• Techniques for holding equipment</li> <li>• Hitting the ball</li> <li>• Different styles of Passing</li> <li>• Different styles of shots</li> </ul>	<b>We are fit and athletic!</b> <p>To get ready for sports day we focus on:</p> <ul style="list-style-type: none"> <li>• Throwing</li> <li>• Running</li> <li>• Sprinting</li> </ul>	<b>We are Cricketers and play Rounders! We also train for Orienteering!</b> <ul style="list-style-type: none"> <li>• Planning ahead</li> <li>• Navigating</li> <li>• Speed</li> <li>• Decision making</li> <li>• Awareness</li> </ul>

# Curriculum Overview: PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5						
	<b>We are Basketballers, Netballers and Footballers!</b> <ul style="list-style-type: none"> <li>• Dribbling</li> <li>• Passing techniques</li> <li>• Shooting</li> </ul>	<b>We are Dancers, Gymnasts and Yogi!</b> <ul style="list-style-type: none"> <li>• Flexibility</li> <li>• Movement</li> <li>• Balance</li> <li>• Strength</li> </ul>	<b>We are Basketballers, Netballers and Footballers!</b> <ul style="list-style-type: none"> <li>• Dribbling</li> <li>• Passing techniques</li> <li>• Shooting</li> </ul>	<b>We are Dancers, Gymnasts and Yogi!</b> <ul style="list-style-type: none"> <li>• Flexibility</li> <li>• Movement</li> <li>• Balance</li> <li>• Strength</li> </ul>	<b>We are fit and athletic!</b> <p>To get ready for sports day we focus on:</p> <ul style="list-style-type: none"> <li>• Throwing</li> <li>• Running</li> <li>• Sprinting</li> </ul>	<b>We are Cricketers and play Rounders!</b> <b>We also train for Orienteering!</b> <ul style="list-style-type: none"> <li>• Planning ahead</li> <li>• Navigating</li> <li>• Speed</li> <li>• Decision making</li> <li>• Awareness</li> </ul>
Year 6						
	<b>We are Basketballers, Netballers and Footballers!</b> <ul style="list-style-type: none"> <li>• Dribbling</li> <li>• Passing techniques</li> <li>• Shooting</li> </ul>	<b>We are Dancers, Gymnasts and Yogi!</b> <ul style="list-style-type: none"> <li>• Flexibility</li> <li>• Movement</li> <li>• Balance</li> <li>• Strength</li> </ul>	<b>We are Tag Rugby and Handball players!</b> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Positioning</li> <li>• Attacking</li> <li>• Defending</li> <li>• Shooting</li> </ul>	<b>We are Hockey, Badminton and Short Tennis players!</b> <ul style="list-style-type: none"> <li>• Techniques for holding equipment</li> <li>• Hitting the ball</li> <li>• Different styles of passing</li> <li>• Different styles of shots</li> </ul>	<b>We are fit and athletic!</b> <p>To get ready for sports day we focus on:</p> <ul style="list-style-type: none"> <li>• Throwing</li> <li>• Running</li> <li>• Sprinting</li> </ul>	<b>We are Cricketers and play Rounders!</b> <b>We also train for Orienteering!</b> <ul style="list-style-type: none"> <li>• Planning ahead</li> <li>• Navigating</li> <li>• Speed</li> <li>• Decision making</li> <li>• Awareness</li> </ul>