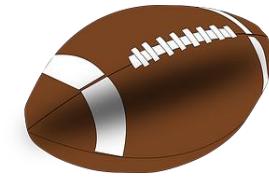
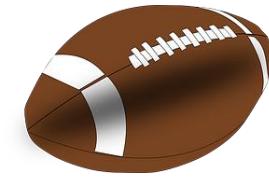
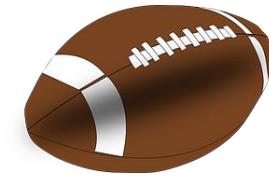


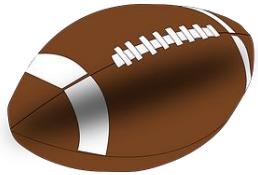
Curriculum Overview: PE

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
Year 1	 We are great at Multisports! <ul style="list-style-type: none"> • Space • Movement • Running & jumping • Throwing & catching • Balance • Coordination 	 We are Dancers, Gymnasts and Yogi! <ul style="list-style-type: none"> • Flexibility • Movement • Balance • Strength 	 We are great at Multisports! <ul style="list-style-type: none"> • Space • Movement • Running & jumping • Throwing & catching • Balance • Coordination 	 We are Dancers, Gymnasts and Yogi! <ul style="list-style-type: none"> • Flexibility • Movement • Balance • Strength 	 We are fit and athletic! <p>To get ready for sports day we focus on:</p> <ul style="list-style-type: none"> • Throwing • Running • Sprinting
	 We are advanced at Multisports! <ul style="list-style-type: none"> • Space • Movement • Running & jumping • Throwing & catching • Balance • Coordination 	 We are Dancers, Gymnasts and Yogi! <ul style="list-style-type: none"> • Flexibility • Movement • Balance • Strength 	 We are Tag-Rugby and Netball players! <ul style="list-style-type: none"> • Passing • Positioning • Attacking • Defending 	 We are team players! <p>Whilst playing hockey we focus on:</p> <ul style="list-style-type: none"> • Teamwork • Communication <p>As well as</p> <ul style="list-style-type: none"> • Passing • Dribbling • Shooting 	 We are fit and athletic! <p>To get ready for sports day we focus on:</p> <ul style="list-style-type: none"> • Throwing • Running • Sprinting
Year 2	 We are advanced at Multisports! <ul style="list-style-type: none"> • Space • Movement • Running & jumping • Throwing & catching • Balance • Coordination 	 We are Dancers, Gymnasts and Yogi! <ul style="list-style-type: none"> • Flexibility • Movement • Balance • Strength 	 We are Tag-Rugby and Netball players! <ul style="list-style-type: none"> • Passing • Positioning • Attacking • Defending 	 We are team players! <p>Whilst playing hockey we focus on:</p> <ul style="list-style-type: none"> • Teamwork • Communication <p>As well as</p> <ul style="list-style-type: none"> • Passing • Dribbling • Shooting 	 We are fit and athletic! <p>To get ready for sports day we focus on:</p> <ul style="list-style-type: none"> • Throwing • Running • Sprinting
	 We are Cricketers and play Rounders! <ul style="list-style-type: none"> • Throwing • Catching • Positioning • Attacking • Defending • Teamwork • Communication 	 We are Dancers, Gymnasts and Yogi! <ul style="list-style-type: none"> • Flexibility • Movement • Balance • Strength 	 We are Tag-Rugby and Netball players! <ul style="list-style-type: none"> • Passing • Positioning • Attacking • Defending 	 We are team players! <p>Whilst playing hockey we focus on:</p> <ul style="list-style-type: none"> • Teamwork • Communication <p>As well as</p> <ul style="list-style-type: none"> • Passing • Dribbling • Shooting 	 We are fit and athletic! <p>To get ready for sports day we focus on:</p> <ul style="list-style-type: none"> • Throwing • Running • Sprinting

Curriculum Overview: PE

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

Curriculum Overview: PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5						
Year 6	<p>We are Basket-ballers, Netballers and Footballers!</p> <ul style="list-style-type: none"> • Dribbling • Passing techniques • Shooting 	<p>We are Dancers, Gymnasts and Yogi!</p> <ul style="list-style-type: none"> • Flexibility • Movement • Balance • Strength 	<p>We are Tag Rugby and Handball players!</p> <ul style="list-style-type: none"> • Passing • Positioning • Attacking • Defending • Shooting 	<p>We are Dancers, Gymnasts and Yogi!</p> <ul style="list-style-type: none"> • Flexibility • Movement • Balance • Strength 	<p>We are fit and athletic!</p> <p>To get ready for sports day we focus on:</p> <ul style="list-style-type: none"> • Throwing • Running • Sprinting 	<p>We are Cricketers and play Rounders!</p> <p>We also train for Orienteering!</p> <ul style="list-style-type: none"> • Planning ahead • Navigating • Speed • Decision making • Awareness

Curriculum Overview: PE