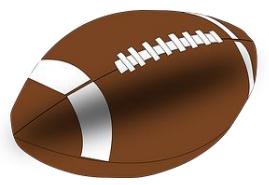


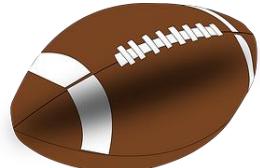
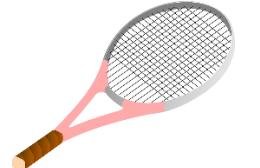
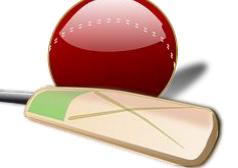
Curriculum Overview: PE

 Physical Education at Morningside
 "Exercise your body and mind"

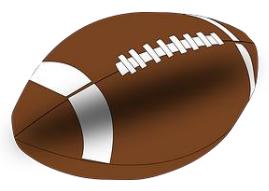
In PE, we must make sure we always wear our PE kits. They consist of a white t-shirt, dark bottoms/shorts and plimsolls/trainers. Our Badu Coaches follow their own scheme of work matched to our overview and our class teachers use the scheme from PESSN.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	 We are great at core skills <ul style="list-style-type: none"> • Agility • Balance • Core strength 					
Year 2	 We are great at core skills <ul style="list-style-type: none"> • Agility • Balance • Core strength 					
	We are Dancers and Gymnasts <ul style="list-style-type: none"> • Flexibility • Movement • Balance • Strength 	We are great at games <ul style="list-style-type: none"> • Throwing • Catching • Movement • space 	We are great at football and tennis <ul style="list-style-type: none"> • Space • Movement • Coordination 	We are great movers <ul style="list-style-type: none"> • Apparatus • Balance • Coordination 	We are great at Multi-Sports <ul style="list-style-type: none"> • Throwing • Catching • Fundamental skills • Movement • Space 	We are Tag-Rugby players <ul style="list-style-type: none"> • Passing • Positioning • Attacking • Defending • Throwing • Catching

Curriculum Overview: PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	 We are great at core skills <ul style="list-style-type: none"> • Agility • Balance • Core strength • Fitness 	 We are Gymnasts who play Basketball <ul style="list-style-type: none"> • Flexibility • Movement • Balance • Strength • Throwing • Catching • Defending 	 We are Tag Rugby and Handball players <ul style="list-style-type: none"> • Passing • Positioning • Attacking • Defending • Shooting 	 We are Football and Short Tennis players <ul style="list-style-type: none"> • Techniques for holding equipment • Hitting the ball • Passing • Different styles of shots 	 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
Year 4	 We are great at core skills <ul style="list-style-type: none"> • Agility • Balance • Core strength • Fitness 	 We are Gymnasts who play Basketball <ul style="list-style-type: none"> • Flexibility • Movement • Balance • Strength • Throwing • Catching • Defending 	 We are Tag Rugby and Handball players <ul style="list-style-type: none"> • Passing • Positioning • Attacking • Defending • Shooting 	 We are Football and Short Tennis players <ul style="list-style-type: none"> • Techniques for holding equipment • Hitting the ball • Different styles of Passing • Different styles of shots 	 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

Curriculum Overview: PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	 <p>We are great at core skills</p> <ul style="list-style-type: none"> • Agility • Balance • Core strength • Fitness 	 <p>We are Gymnasts who play Netball</p> <ul style="list-style-type: none"> • Flexibility • Movement • Balance • Strength • Throwing • Catching • Defending 	 <p>We are Tag Rugby & Handball players</p> <ul style="list-style-type: none"> • Passing • Positioning • Attacking • Defending • Shooting 	 <p>We are Football 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 6	 <p>We are great at core skills</p> <ul style="list-style-type: none"> • Agility • Balance • Core strength • Fitness 	 <p>We are Gymnasts who play Netball</p> <ul style="list-style-type: none"> • Flexibility • Movement • Balance • Strength • Throwing • Catching • Defending 	 <p>We are Tag Rugby and Handball players</p> <ul style="list-style-type: none"> • Passing • Positioning • Attacking • Defending • Shooting 	 <p>We are Football 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