


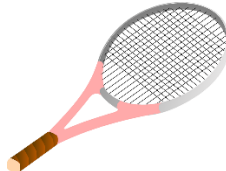







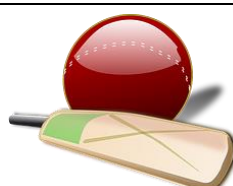


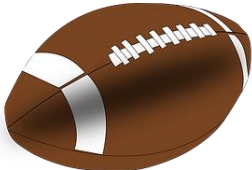
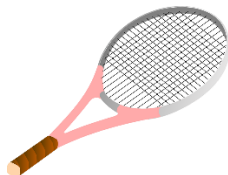




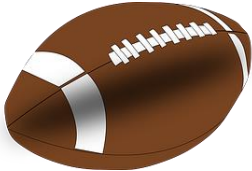







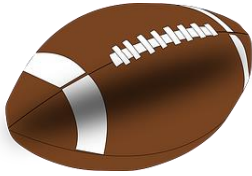
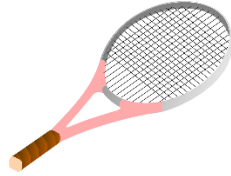

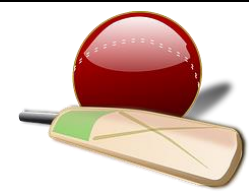






# Curriculum Overview: PE

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 Nation Sports Coaches follow their own scheme of work matched to our overview. Children participate in the daily mile.						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1						
	<b>We are great at ball skills</b> <ul style="list-style-type: none"> <li>Identifying space</li> <li>Understand the meaning of control</li> <li>Explore ways of using our hands</li> </ul>	<b>We are Gymnasts</b> <ul style="list-style-type: none"> <li>Flexibility</li> <li>Balance</li> <li>Strength</li> </ul>	<b>We are great at games</b> <ul style="list-style-type: none"> <li>Throwing</li> <li>Catching</li> <li>Movement</li> <li>space</li> </ul>	<b>We are great at football and tennis</b> <ul style="list-style-type: none"> <li>Space</li> <li>Movement</li> <li>Coordination</li> </ul>	<b>We are great movers</b> <ul style="list-style-type: none"> <li>Apparatus</li> <li>Balance</li> <li>Coordination</li> </ul>	<b>We are great at Multi-Sports</b> <ul style="list-style-type: none"> <li>Throwing</li> <li>Catching</li> <li>Fundamental skills</li> <li>Movement</li> <li>Space</li> </ul>
Year 2						
	<b>We are great at ball skills</b> <ul style="list-style-type: none"> <li>Identifying space</li> <li>Understand the meaning of control</li> <li>Explore ways of using our hands</li> </ul>	<b>We are Gymnasts</b> <ul style="list-style-type: none"> <li>Flexibility</li> <li>Balance</li> <li>Strength</li> </ul>	<b>We are Tag-Rugby players</b> <ul style="list-style-type: none"> <li>Passing</li> <li>Positioning</li> <li>Attacking</li> <li>Defending</li> <li>Throwing</li> <li>Catching</li> </ul>	<b>We are great at football and tennis</b> <ul style="list-style-type: none"> <li>Space</li> <li>Movement</li> <li>Coordination</li> </ul>	<b>We are fit and athletic</b> To get ready for sports day we focus on: <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 great basketball players</b> <ul style="list-style-type: none"> <li>• Understand dribbling under control</li> <li>• Develop an understanding of how to dribble</li> <li>• Understand the best technique when dribbling</li> </ul>	<b>We are Gymnasts</b> <ul style="list-style-type: none"> <li>• Flexibility</li> <li>• Movement</li> <li>• Balance</li> <li>• Develop Linking</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 Football 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> To get ready for sports day we focus on: <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 great basketball players</b> <ul style="list-style-type: none"> <li>• How can we win a basketball game</li> <li>• Understand attack and defence</li> <li>• Refine our dribbling</li> <li>• Identify space when dribbling</li> </ul>	<b>We are Gymnasts</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 Football 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> To get ready for sports day we focus on: <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 5						
	<b>We are great basketball players</b> <ul style="list-style-type: none"> <li>• Refine dribbling and passing skills</li> <li>• How do we work as a team</li> <li>• Understand keeping possession</li> </ul>	<b>We are Gymnasts</b> <ul style="list-style-type: none"> <li>• Flexibility</li> <li>• Movement</li> <li>• Balance</li> <li>• Strength</li> <li>• Throwing</li> <li>• Catching</li> <li>• Defending</li> </ul>	<b>We are Tag Rugby &amp; 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 Football 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> To get ready for sports day we focus on: <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 6						
	<b>We are great basketball players</b> <ul style="list-style-type: none"> <li>• Refine our understanding of passing, dribbling and moving</li> <li>• Make our movements fluid when attacking</li> <li>• Improve our basketball IQ</li> </ul>	<b>We are Gymnasts</b> <ul style="list-style-type: none"> <li>• Flexibility</li> <li>• Movement</li> <li>• Balance</li> <li>• Strength</li> <li>• Throwing</li> <li>• Catching</li> <li>• Defending</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 Football 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> To get ready for sports day we focus on: <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>