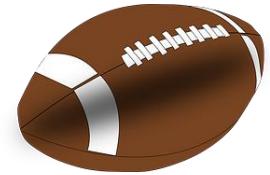


Curriculum Overview: PE

 Physical Education at Morningside
 "Exercise your body and mind"

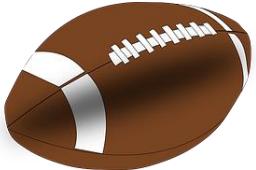
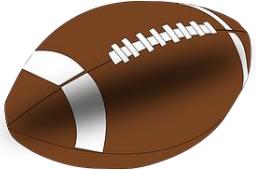
In PE, we must make sure we always wear our PE kits. They consist of a white t-shirt, dark bottoms/shorts and plimsolls/trainers. Our Nation Sports Coaches follow their own scheme of work matched to our overview. Children participate in the daily mile.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1						
	We are great at ball skills <ul style="list-style-type: none"> Identifying space Understand the meaning of control Explore ways of using our hands 	We are Gymnasts <ul style="list-style-type: none"> Flexibility 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
Year 2						
	We are great at ball skills <ul style="list-style-type: none"> Identifying space Understand the meaning of control Explore ways of using our hands 	We are Gymnasts <ul style="list-style-type: none"> Flexibility Balance Strength 	We are Tag-Rugby players <ul style="list-style-type: none"> Passing Positioning Attacking Defending Throwing Catching 	We are great at football and tennis <ul style="list-style-type: none"> Space Movement Coordination 	We are fit and athletic To get ready for sports day we focus on: <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 3	 We are great basketball players <ul style="list-style-type: none"> Understand dribbling under control Develop an understanding of how to dribble Understand the best technique when dribbling 	 We are Gymnasts <ul style="list-style-type: none"> Flexibility Movement Balance Develop Linking 	 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 basketball players <ul style="list-style-type: none"> How can we win a basketball game Understand attack and defence Refine our dribbling Identify space when dribbling 	 We are Gymnasts <ul style="list-style-type: none"> Flexibility Movement Balance Strength 	 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	 We are great basketball players <ul style="list-style-type: none"> • Refine dribbling and passing skills • How do we work as a team • Understand keeping possession 	 We are Gymnasts <ul style="list-style-type: none"> • Flexibility • Movement • Balance • Strength • Throwing • Catching • Defending 	 We are Tag Rugby & 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 6	 We are great basketball players <ul style="list-style-type: none"> • Refine our understanding of passing, dribbling and moving • Make our movements fluid when attacking • Improve our basketball IQ 	 We are Gymnasts <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