


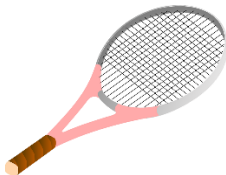







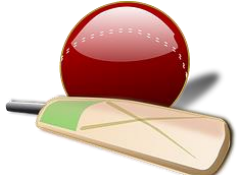



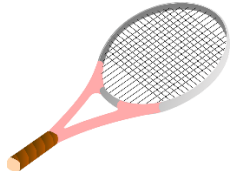










Physical Education at Morningside
"Exercise your body and mind"



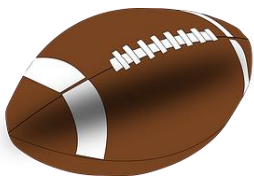
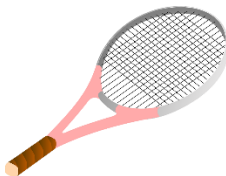




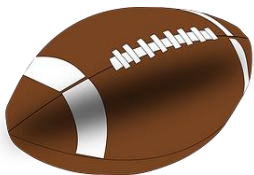



In PE, we must make sure we always wear our PE kits. They consist of a white t-shirt, dark bottoms/shorts and plimsolls/trainers. Our Badu Coaches follow their own scheme of work matched to our overview and our class teachers use the scheme from PESSN.

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

Curriculum Overview: PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3						
	<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 Basketball</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
Year 4						
	<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 Basketball</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 • 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> <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