


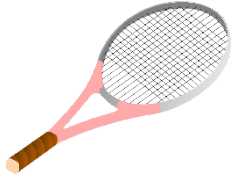




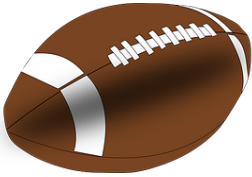


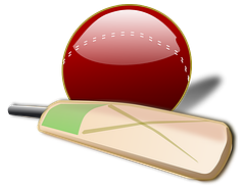


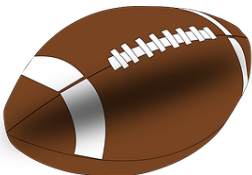
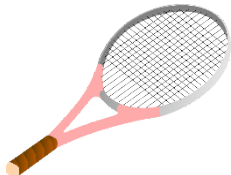

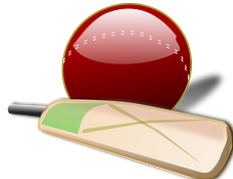


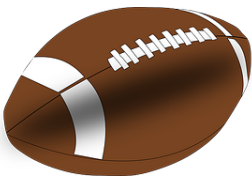


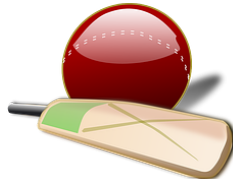


Physical Education at Morningside "Exercise your body and mind"



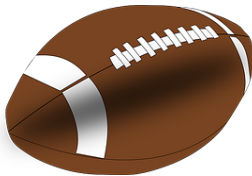
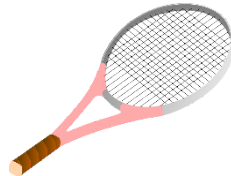




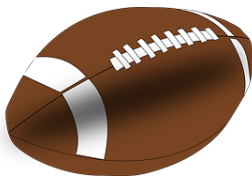


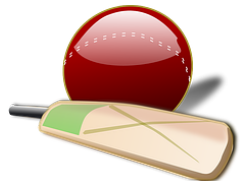
In PE, we must make sure we always wear our PE kits. They consist of a white t-shirt, dark bottoms/shorts and plimsolls/trainers. Our Nation Sports Coaches follow their own scheme of work matched to our overview. Children participate in the daily mile.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y e a r 1						
	<p>We are great at ball skills</p> <ul style="list-style-type: none"> Identifying space Understand the meaning of control Explore ways of using our hands 	<p>We are Gymnasts</p> <ul style="list-style-type: none"> Flexibility 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
Y e a r 2						
	<p>We are great at ball skills</p> <ul style="list-style-type: none"> Identifying space Understand the meaning of control Explore ways of using our hands 	<p>We are Gymnasts</p> <ul style="list-style-type: none"> Flexibility 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

Morningside Curriculum Overview: PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y e a r 3						
	<p>We are great basketball players</p> <ul style="list-style-type: none"> • Understand dribbling under control • Develop an understanding of how to dribble • Understand the best technique when dribbling 	<p>We are Gymnasts</p> <ul style="list-style-type: none"> • Flexibility • Movement • Balance • Develop Linking 	<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
Y e a r 4						
	<p>We are great basketball players</p> <ul style="list-style-type: none"> • How can we win a basketball game • Understand attack and defence • Refine our dribbling • Identify space when dribbling 	<p>We are Gymnasts</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 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

Morningside Curriculum Overview: PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y e a r 5						
	<p>We are great basketball players</p> <ul style="list-style-type: none"> • Refine dribbling and passing skills • How do we work as a team • Understand keeping possession 	<p>We are Gymnasts</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 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
Y e a r 6						
	<p>We are great basketball players</p> <ul style="list-style-type: none"> • Refine our understanding of passing, dribbling and moving • Make our movements fluid when attacking • Improve our basketball IQ 	<p>We are Gymnasts</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! 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