## Morningside 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.

	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			THE TAX		* ANA	THE TAX	
e	We are great at ball	We are Gymnasts	We are great at	We are great at	We are great movers	We are great at	
a r	skills	<ul> <li>Flexibility</li> </ul>	games	football and tennis	<ul> <li>Apparatus</li> </ul>	Multi-Sports	
1	<ul> <li>Identifying space</li> </ul>	• Balance	Throwing	• Space	• Balance	Throwing	
'	<ul> <li>Understand the</li> </ul>	<ul><li>Strength</li></ul>	<ul><li>Catching</li></ul>	<ul><li>Movement</li></ul>	<ul> <li>Coordination</li> </ul>	Catching	
	meaning of control		<ul> <li>Movement</li> </ul>	<ul> <li>Coordination</li> </ul>		Fundamental skills	
	• Explore ways of		• space			<ul><li>Movement</li></ul>	
	using our hands					• Space	
			distribution		* AUX		
T	We are great at ball	We are Gymnasts	We are Tag-Rugby	We are great at	We are fit and	We are Cricketers	
e	skills	<ul> <li>Flexibility</li> </ul>	players	football and tennis	athletic	and play Rounders	
"	<ul> <li>Identifying space</li> </ul>	• Balance	<ul><li>Passing</li></ul>	• Space	To get ready for sports	Throwing	
2	<ul> <li>Understand the</li> </ul>	<ul><li>Strength</li></ul>	<ul> <li>Positioning</li> </ul>	<ul><li>Movement</li></ul>	day we focus on:	<ul><li>Catching</li></ul>	
	meaning of control		<ul> <li>Attacking</li> </ul>	<ul> <li>Coordination</li> </ul>	Throwing	<ul><li>Positioning</li></ul>	
	Explore ways of		Defending		Running	<ul><li>Attacking</li></ul>	
	using our hands		Throwing		Sprinting	Defending	
			Catching			• Teamwork	
						Communication	

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
			distributes .		* AUX	7 7 7 7 7 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2
Y	We are great	We are Gymnasts	We are Tag Rugby	We are Football and	We are fit and	We are Cricketers
е	basketball players	Flexibility	and Handball players	Short Tennis players	athletic	and play Rounders
а	Understand	Movement	Passing	• Techniques for	To get ready for sports day we focus on:	Throwing
r	dribbling under control	Balance     Dayslan Linking	Positioning     Attacking	holding equipment	Throwing	Catching     Desitioning
3	Develop an	Develop Linking	<ul><li>Attacking</li><li>Defending</li></ul>	Hitting the ball     Passing	Running	<ul><li>Positioning</li><li>Attacking</li></ul>
	understanding of		Shooting	Different styles of	Sprinting	Defending
	how to dribble		0110011119	shots	, -	Teamwork
	Understand the					Communication
	best technique					
	when dribbling					
Y			distribute.		社社	71 5 5 5 5 5 5 5
'	We are great	We are Gymnasts	We are Tag Rugby	We are Football and	We are fit and	We are Cricketers
a	basketball players	<ul> <li>Flexibility</li> </ul>	and Handball players	Short Tennis players	athletic	and play Rounders
r	How can we win a	Movement	Passing	• Techniques for	To get ready for sports	Throwing
4	basketball game	Balance     Strangette	Positioning	holding equipment	day we focus on:  Throwing	Catching     Desitioning
	Understand attack     and defence	• Strength	Attacking     Defending	Hitting the ball     Different styles of	Running	Positioning     Attacking
	<ul><li>Refine our dribbling</li></ul>		<ul><li>Defending</li><li>Shooting</li></ul>	<ul> <li>Different styles of Passing</li> </ul>	Sprinting	<ul><li>Attacking</li><li>Defending</li></ul>
	Identify space		J J J J J J J J J J J J J J J J J J J	Different styles of	9	Teamwork
	when dribbling			shots		Communication

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	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y e a r 5			distribution		PARK	THE TAX OF THE PARTY OF THE PAR
	We are great basketball players Refine dribbling and passing skills How do we work as a team Understand keeping possession	We are Gymnasts  • Flexibility  • Movement  • Balance  • Strength  • Throwing  • Catching  • Defending	We are Tag Rugby & Handball players  Passing Positioning Attacking Defending Shooting	We are Football and Short Tennis players  Techniques for holding equipment Hitting the ball Passing Different styles of shots	We are fit and athletic To get ready for sports day we focus on: Throwing Running Sprinting	We are Cricketers and play Rounders Throwing Catching Positioning Attacking Defending Teamwork Communication
Y e a r 6	We are great basketball players Refine our understanding of passing, dribbling and moving Make our movements fluid when attacking	We are Gymnasts  Flexibility  Movement  Balance  Strength  Throwing  Catching  Defending	We are Tag Rugby and Handball players Passing Positioning Attacking Defending Shooting	We are Football and Short Tennis players  • Techniques for holding equipment • Hitting the ball • Passing • Different styles of shots	We are fit and athletic! To get ready for sports day we focus on:  Throwing Running Sprinting	We are Cricketers and play Rounders  Throwing Catching Positioning Attacking Defending Teamwork Communication
	Improve our     basketball IQ					