

**NORTH DENES PRIMARY SCHOOL - Physical Education – Whole School Overview**  
**Based on 2 hours per week Curriculum Map 2017 - 2018**



<b>Year group</b>	<b>Hour</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>3</b>	<b>1</b>	<b>Invasion Games Tag Rugby</b>  Passing / Creating space	<b>Indoor Athletics</b>  Agility, Balance & Coordination (ABC's)	<b>Dance/Drama Jai Ho</b>  Creative Dance	<b>Netball</b>  <b>Passing &amp; Receiving</b> (throwing & catching)	<b>Striking &amp; Fielding – Cricket</b> (throwing, catching & fielding) <b>Swimming</b>	<b>Athletics</b> (posture, balance & stability) <b>Swimming &amp; Water Safety</b>
	<b>2</b>	<b>Invasion Games Football</b>  FA Skills Coach	<b>Health &amp; Fitness</b> Cross Country / Bleep Test / Know our Muscles	<b>Gymnastics</b> Balance and Agility (different levels)	<b>Badminton</b> (hand/eye coordination)	<b>Athletics</b> Jumping for distance Variety of throwing techniques	<b>Net &amp; Wall Tennis</b> (directing the ball) ABC's
<b>4</b>	<b>1</b>	<b>Invasion Games Tag Rugby</b>  Passing / Creating space	<b>Indoor Athletics</b>  Agility, Balance & Coordination (ABC's)	<b>Dance/Drama Jai Ho Creative Dance</b>  <b>Swimming &amp; Water Safety</b>	<b>Netball</b> Passing & Receiving (throwing & catching) <b>Swimming &amp; Water Safety</b>	<b>Striking &amp; Fielding – Cricket</b> (throwing, catching & fielding)	<b>Athletics</b> (posture, balance & stability)
	<b>2</b>	<b>Invasion Games Football</b>  FA Skills	<b>Health &amp; Fitness</b> Cross Country / Bleep Test / Know our Muscles	<b>Gymnastics</b>  Balance and Agility (different levels)	<b>Badminton</b> (hand/eye coordination)	<b>Athletics</b> Jumping for distance Variety of throwing techniques	<b>Net &amp; Wall Tennis</b> (directing the ball) ABC's

5	1	<b>Invasion Games Tag Rugby</b>  Support Play & Formation / Skills & Drills	<b>Indoor Athletics</b>  Agility, Balance & Coordination (ABC's)	<b>Dance/Drama</b> Lindy Hop Explore Simple Lifts / Create & extend phases independently	<b>Netball</b> Passing & Receiving with accuracy & control. Attacking & Defending	<b>Striking &amp; fielding Cricket</b>  (skill specific) ABC's	<b>Athletics</b> Improving performance of a variety of throwing & jumping techniques
	2	<b>Invasion Games Football</b>  FA Skills	<b>Health &amp; Fitness</b>  Cross Country / Bleep Test / Know our Body	<b>Gymnastics</b>  Group Balances & Complex Sequence Building	<b>Badminton</b> (hand/eye coordination)	<b>Athletics</b> (track & field) Developing a greater fluency & coordination of movement	<b>Net &amp; Wall – Tennis</b> (directing the ball) ABC's
6	1	<b>Invasion Games Tag Rugby</b>  Support Play & Formation / Skills & Drills	<b>Indoor Athletics</b>  Agility, Balance & Coordination (ABC's)	<b>Dance/Drama</b> Lindy Hop Explore Simple Lifts / Create & extend phases independently with fluency & coordination	<b>Netball</b> Passing & Receiving with accuracy & control. Attacking & Defending	<b>Striking &amp; fielding Cricket</b>  (skill specific) ABC's	<b>Athletics</b> Improving performance of a variety of throwing & jumping techniques
	2	<b>Invasion Games Football</b>  FA Skills	<b>Health &amp; Fitness</b>  Cross Country / Bleep Test Know our Body	<b>Gymnastics</b> Group Balances & Complex Sequence Building with fluency & coordination	<b>Badminton</b> (hand/eye coordination)	<b>Athletics</b> (track & field) Developing a greater fluency & coordination of movement	<b>Net &amp; Wall – Tennis</b> (directing the ball) ABC's