

Parklands Primary school – PE overview

Year	Autumn	Spring	Summer
R	Dance Ball skills – throw, catch. Kick (REAL PE)	Gymnastics (12 weeks – REAL Gym – choose most appropriate lessons to fit with Topics) Racquet sports (tennis, badminton)	REAL PE – Book 1 and 2 Athletics – throw, balance, coordination, running skills
1	REAL PE - Book 3 and 4 Football skills – towards a mini game	Dance Tennis skills – towards partner work	Gymnastics (12 weeks – REAL Gym – choose most appropriate lessons to fit with Topics) Athletics - throw, balance, coordination, running skills Cricket skills -throwing, catching, fielding
2	Gymnastics - (12 weeks – REAL Gym – choose most appropriate lessons to fit with Topics) Tag Rugby - skills towards a mini game	Dance Sitting volleyball Volleyball skills – towards a mini game	REAL PE – Book 5 and 6 Athletics - throw, balance, coordination, running skills / hurdles Rounders skills: (catching, fielding / striking) towards a game situation
3	REAL PE (choose 2 books) Football skills towards a mini game	Gymnastics - (12 weeks – REAL Gym – choose most appropriate lessons to fit with Topics) Hockey skills – dribbling, striking; towards a mini game	Dance Athletics - throw, balance, coordination, running skills / hurdles Cricket skills – throwing, catching, fielding – towards a game situation
4	Gymnastics - (12 weeks – REAL Gym – choose most appropriate lessons to fit with Topics) Tennis – recap skills towards 1vs 1 game	REAL PE (choose 2 books) Netball skills – throw, catch, pass, shoot – towards a mini game Basketball – skills development	Dance Athletics - throw, balance, coordination, running skills / hurdles Rounders skills : (catching, fielding / striking) <i>Outdoor pursuits (Residential)</i>
5	REAL PE (choose 2 books) Tag Rugby – recap skills towards a mini game	Gymnastics - (12 weeks – REAL Gym – choose most appropriate lessons to fit with Topics) Hockey – recap of skills - dribbling, striking etc; towards a mini game	Dance Athletics - throw, balance, coordination, running skills / hurdles Cricket – skills - throwing, catching striking -

			towards a game
6	Gymnastics - (12 weeks – REAL Gym – choose most appropriate lessons to fit with Topics) Volleyball skills- towards a mini game <i>Outdoor pursuits (Residential)</i>	REAL PE Netball – recap of skills - throw, catch, pass, shoot – towards a mini game – tactics, attack and defence Basketball – skills towards a game situation	Dance Athletics: throw, balance, coordination, running skills / hurdles Rounders - (catching, fielding / striking)
Intra school sport	Indoor long jump Football Rugby	Boccia Orienteering Hockey	Basketball Sports Day Rounders
KS2	Swimming (Y4,5,6) – blocks of swimming at Moulton College pool		

In addition, each KS2 class will have at least one four week block of swimming and possibly more if they are non-swimmers.

Dance – themes to be provided / linked to the topic

9 intra school sports events to be timetabled throughout the year (working towards Gold Sports games)