













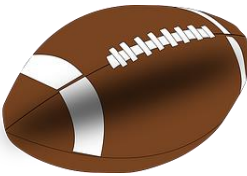























Physical Education at Morningside "Exercise your body and mind"												
In PE, we must make sure we always wear our PE kits. They consist of a white t-shirt, dark bottoms/shorts and plimsolls/trainers												
Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2		
Year 1							We are great at Multisports!	We are Dancers, Gymnasts and Yogi!	We are great at Multisports!	We are Dancers, Gymnasts and Yogi!	We are fit and athletic!	We are recapping the FUNdamentals!
	<ul style="list-style-type: none"> • Space • Movement • Running & jumping • Throwing & catching • Balance • Coordination 	<ul style="list-style-type: none"> • Flexibility • Movement • Balance • Strength 	<ul style="list-style-type: none"> • Space • Movement • Running & jumping • Throwing & catching • Balance • Coordination 	<ul style="list-style-type: none"> • Flexibility • Movement • Balance • Strength 	<p>To get ready for sports day we focus on:</p> <ul style="list-style-type: none"> • Throwing • Running • Sprinting 	<ul style="list-style-type: none"> • Space • Movement • Running & jumping • Throwing & catching • Balance • Coordination 						
Year 2							We are advanced at Multisports!	We are Dancers, Gymnasts and Yogi!	We are Tag-Rugby and Netball players!	We are team players!	We are fit and athletic!	We are Cricketers and play Rounders!
	<ul style="list-style-type: none"> • Space • Movement • Running & jumping • Throwing & catching • Balance • Coordination 	<ul style="list-style-type: none"> • Flexibility • Movement • Balance • Strength 	<ul style="list-style-type: none"> • Passing • Positioning • Attacking • Defending 	<p>Whilst playing hockey we focus on:</p> <ul style="list-style-type: none"> • Teamwork • Communication <p>As well as</p> <ul style="list-style-type: none"> • Passing • Dribbling • Shooting 	<p>To get ready for sports day we focus on:</p> <ul style="list-style-type: none"> • Throwing • Running • Sprinting 	<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 advanced at Multisports!</p> <ul style="list-style-type: none"> • Space • Movement • Running & jumping • Throwing & catching • Balance • Coordination 	<p>We are Dancers, Gymnasts and Yogi!</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 Hockey 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 Basketballers, Netballers and Footballers!</p> <ul style="list-style-type: none"> • Dribbling • Passing techniques • Shooting 	<p>We are Dancers, Gymnasts and Yogi!</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 Hockey, Badminton 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! We also train for Orienteering!</p> <ul style="list-style-type: none"> • Planning ahead • Navigating • Speed • Decision making • Awareness

Curriculum Overview: PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5						
	<p>We are Basket-ballers, Netballers and Footballers!</p> <ul style="list-style-type: none"> • Dribbling • Passing techniques • Shooting 	<p>We are Dancers, Gymnasts and Yogi!</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 Dancers, Gymnasts and Yogi!</p> <ul style="list-style-type: none"> • Flexibility • Movement • Balance • Strength 	<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> <p>We also train for Orienteering!</p> <ul style="list-style-type: none"> • Planning ahead • Navigating • Speed • Decision making • Awareness
Year 6						
	<p>We are Basket-ballers, Netballers and Footballers!</p> <ul style="list-style-type: none"> • Dribbling • Passing techniques • Shooting 	<p>We are Dancers, Gymnasts and Yogi!</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 Hockey, Badminton 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> <p>We also train for Orienteering!</p> <ul style="list-style-type: none"> • Planning ahead • Navigating • Speed • Decision making • Awareness

Curriculum Overview: PE