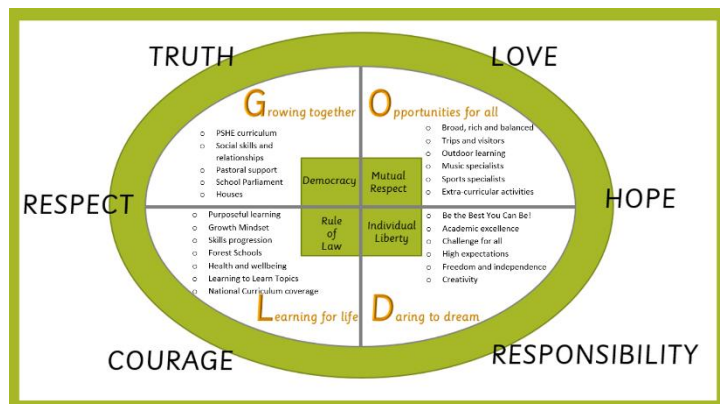


PE



Essential characteristics of an athlete:

- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- High levels of physical fitness.
- A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.
- The ability to swim at least 25 metres before the end of Year 6 and knowledge of how to remain safe in and around water.

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	Fundamental movements Playground Games	Target	Invasion Games	Gymnastics	Athletics	Striking and Fielding
Year 1	Fundamental Movement/Skills Parachute Games	Gymnastics Playground Games	Invasion Games	Net Sports Dance	Athletics Hand eye coordination	Striking and Fielding Dance
Year 2	Fundamental Movement/Skills Gymnastics	Target Dance	Invasion Games Gymnastics	Net Sports Dance	Athletics Hand eye coordination	Striking and Fielding Unihock
Year 3	Benchball Dance	Invasions Games (Unihock) Gymnastics	Football Dance	Health and Wellbeing/OAA Gymnastics	Athletics Net Sports (Short tennis/badminton)	Striking and Fielding (T-Ball and rounders) Dodgeball
Year 4	Netball Dance	Invasions Games (Unihock) Gymnastics	Football Dance	Health and Wellbeing/OAA Gymnastics	Athletics Net Sports (Short tennis/badminton)	Striking and Fielding (T- Ball/cricket and rounders) Dodgeball
Year 5	Tag Rugby Gymnastics	Invasion Games (netball) Dance	Sport Education (Football) Gymnastics	OAA Dance	Athletics Health and Wellbeing	Striking and Fielding (Cricket and rounders) Handball
Year 6	Tag Rugby Gymnastics (Tennis – Club)	Invasion Games (netball) Dance (Tennis – Club)	Sport Education (Football) Gymnastics	OAA Dance	Athletics Health and Wellbeing	Striking and Fielding (Cricket and rounders) Handball
As part of our curriculum, children from Reception through to Year 6 have swimming lessons throughout the year with a specialist teacher (Reception start this in the summer term). Year 6 also have enriching experiences at Woking Tennis club with specialist teaching throughout the year						