

Physical Education 2025 George Grenville

Year group	Hour	Autumn 1 Sep-Oct	Autumn 2 Nov-Dec	Spring 1 Jan-Feb	Spring 2 Mar-Apr	Summer 1 May-Jun	Summer 2 Jun-Jul
3	1	Invasion Sending and receiving (Passing) football,hockey, tag rugby, Netball,	Gymnastics Shapes (Balance and Flexibility)	Invasion 'Travelling with' (Dribbling) football, basketball, hockey, tag rugby	Net and Wall <u>Basic Racket Techniques</u> (co-ordination) tennis, badminton	Athletics Sports Day Practice	Striking Rounders Cricket
	1	Invasion Catchball game play rules and understanding	Dance Carnival of Animals (Twinkl)	Outdoor Adventure Chose and perform skills and strategies Capture the flag	Invasion attacking/defending	Invasion Identifying tactics	Fielding game Rounders Cricket
4	1	Invasion Sending and receiving (Passing) football,hockey, tag rugby, Netball,	Dance Extreme Earth (Twinkl)	Invasion 'Travelling with' (Dribbling) football, basketball, hockey, tag rugby	Invasion attacking/defending	Invasion Identifying tactics	Striking Rounders Cricket
	1	Invasion Catchball game play rules and understanding	Gymnastics Balance	Outdoor Adventure Chose and perform skills and strategies Capture the flag	Net and Wall <u>Directing the ball</u> tennis, badminton	Athletics Sports Day Practice	Fielding Rounders Cricket

5	1	Invasion Sending and receiving (Passing) football,hockey, tag rugby, Netball,	Dance Haka	Outdoor Adventure Chose and perform skills and strategies Capture the flag	Invasion attacking/ defending	Invasion Identifying tactics	Striking Rounders Cricket
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	1	Invasion Catchball game play rules and understanding	Gymnastics Jumps and Leaps	Invasion ‘Travelling with’ (Dribbling) football, basketball, hockey, tag rugby	Net and wall Games <u>Tactical</u> <u>understand</u> tennis, volleyball, badminton	Athletics Sports Day Practice	Fielding Rounders Cricket
6	1	Invasion Sending and receiving (Passing) football,hockey, tag rugby, Netball,	Gymnastics Routines	Outdoor Adventure Chose and perform skills and strategies Capture the flag	Net and wall Playing Cooperatively applying rules tennis, volleyball, badminton	Invasion Identifying tactics	Striking Rounders Cricket
	2	Invasion Catchball game play rules and understanding	Dance Electricity (Twinkl)	Invasion ‘Travelling with’ (Dribbling) football, basketball, hockey, tag rugby	Invasion attacking/ defending	Athletics Sports Day Practice	fielding Rounders Cricket