

PE Curriculum Overview 2014

Class/Unit	TERM 1		TERM 2		TERM 3	
	There is flexibility within this plan at teachers discretion. However the teacher must ensure that the amount of units of each strand are delivered. External coaching sessions and Level 2 competition preparation are key examples when flexibility is required.					
Reception	<p>Foundation Stage Planning Val Sabin Resources Available in Games/Gymnastics NGB Formats for Level 1 Competition Top Resource Cards UK Athletics 5-7 Year Olds</p>					
Year 1	<p>Athletics Val Sabin Unit 1 UK Athletics Primary Age 5-7 Top Athletics (Val Sabin Team Comp A)</p> <p>Gymnastics Val Sabin Unit D Top Gymnastics</p>	<p>Gymnastics Val Sabin Unit E Top Gymnastics</p> <p>Games Skills Val Sabin Unit 1 (Boccia)</p>	<p>Gymnastics Val Sabin Unit F Top Gymnastics</p> <p>Games Skills Val Sabin Unit 2 (Handball)</p>	<p>Dance</p> <p>Games Skills Val Sabin Unit 3 (Mini Tennis)</p>	<p>Gymnastics Val Sabin Unit G Top Gymnastics</p> <p>Badminton BISI Badminton Unit 1</p>	<p>Athletics Val Sabin Unit 2 UK Athletics Primary Age 5-7 Top Athletics (Val Sabin Indiv Comp B)</p> <p>O&A RCS Unit 1 Lessons 1-6</p>
Year 2	<p>Athletics Val Sabin Unit 1 UK Athletics Primary Age 5-7 Top Athletics (Val Sabin Team Comp A)</p> <p>Gymnastics Val Sabin Unit D Top Gymnastics</p>	<p>Gymnastics Val Sabin Unit D Top Gymnastics</p> <p>Badminton BISI Badminton Unit 2</p>	<p>Gymnastics Val Sabin Unit D Top Gymnastics</p> <p>Games Skills Val Sabin Unit 1 (Handball, Netball, Basketball)</p>	<p>Dance</p> <p>Games Skills Val Sabin Unit 3 (Unihoc, Football)</p>	<p>Athletics Val Sabin Unit 2 UK Athletics Primary Age 5-7 Top Athletics (Val Sabin Indiv Comp B)</p> <p>Games Skills Val Sabin Unit 1 and 4 (NGB Format Folder)</p>	<p>Judo</p> <p>O&A RCS Unit 1 Lessons 7-12</p>

Year 3	Athletics Val Sabin Unit 1 UK Athletics Primary 7-9 Top Athletics Judo	Gymnastics Val Sabin - any unit Top Gymnastics UniHoc Quicksticks Hockey Year 3 Unit	Swimming Gymnastics Val Sabin - any unit Top Gymnastics	Mini Tennis Val Sabin Unit 3 LTA Aegon OOSH Toolkit Ages 7-9 LTA Aegon Activity Cards Set 1 Dance	Basketball Val Sabin Unit 1 Kwik Cricket Val Sabin Unit 4	Athletics Val Sabin Unit 2 UK Athletics Primary 7-9 Top Athletics O&A RCS Unit 2 Lessons 1-6 Top Outdoors
Year 4	Athletics Val Sabin Unit 1 UK Athletics Primary 7-9 Top Athletics Swimming	Gymnastics Val Sabin - any unit Top Gymnastics UniHoc Quicksticks Hockey Year 4 Unit	Dance Judo	Mini Tennis Val Sabin Unit 1 LTA Aegon Activity Cards Set 2 Gymnastics Val Sabin - any unit Top Gymnastics	Basketball Val Sabin Unit 3 Kwik Cricket Val Sabin Unit 4	Athletics Val Sabin Unit 2 UK Athletics Primary 7-9 Top Athletics O&A RCS Unit 2 Lessons 7-12 Top Outdoors
Year 5	Hockey Val Sabin Unit 3 Quicksticks Hockey Year 5 Unit Dance	Gymnastics Val Sabin - any unit Top Gymnastics Judo	Badminton Val Sabin Unit 1 Bisi Badminton Unit 3-4 Swimming	Tag Rugby RFU Mini Tag Stages 1-3 Netball Val Sabin Unit 2	Kwik Cricket Val Sabin Unit 4 Inter Cricket Resource Pack Gymnastics Val Sabin - any unit Top Gymnastics	Athletics Val Sabin Unit 1-2 UK Athletics Primary 9-12 Top Athletics O&A RCS Unit 3 Lessons 1-6 Top Outdoors

Year 6	Athletics Val Sabin Unit 1-2 UK Athletics Primary 9-12 Top Athletics Gymnastics Val Sabin - any unit Top Gymnastics	Judo Hockey Val Sabin Unit 1 Quicksticks Hockey Year 6 Unit	Tri-Golf Golf Resource Pack Gymnastics Val Sabin - any unit Top Gymnastics	Tag Rugby Val Sabin Unit 4 RFU Mini Tag Stages 4-6 Netball Val Sabin Unit 4	Kwik Cricket Val Sabin Unit 3 Inter Cricket Resource Pack Dance	O&A RCS Unit 3 Lessons 7-12 Top Outdoors Volleyball Val Sabin Unit 2
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- Main Focus **Main Resource** **Supplementary Resource** (Suggested Intra-School Comp KS1)
- Once per term assess children's personal bests
- Each half term begins with lessons on Fundamental skills - agility, balance, co-ordination, running, jumping, throwing, catching. (see Fundamental Skills plan)
- **Gym** - Val Sabin **Athletics** - Val Sabin/NGB **O&A** - RCS scheme **Dance** - Sportscool **Judo** - Judo Education **Sports** - Val Sabin/NGB
- Dance delivered by external coaches.
- Each Games/Athletics unit of work **MUST** end with an intra-school competition based on that unit (Level 1 School Games requirement) **Use NGB Games Format folder**
- All lesson from this overview **MUST** contain 4 elements - Knowledge/Understanding of Fitness and Health, Acquire and Develop skill, Select and Apply skills, Evaluate and Improve