



Curriculum Intent: With well-being at the heart of our PE curriculum, we ensure pupils learn from a variety of ambitious practical experiences whilst equipping them with the theory which underpins sporting excellence

Year:	Topic 1	Topic 2	Topic 3	Topic 4	Topic 5	Topic 6	Enrichment
<p>7 'Fundamental skill development'</p>	<p>Invasion Games (i.e. Netball, Basketball, Rugby)</p> <p>Understand the skills, tactics and strategies needed to overcome opponents in direct competition</p>	<p>Performing Arts – 'Film'</p> <p>Perform dances using basic dance techniques</p>	<p>Net/Wall/Racket (i.e. badminton, table tennis, short tennis)</p> <p>Understand the skills, tactics and strategies needed to overcome opponents in direct competition</p>	<p>Invasion Games 2</p> <p>Develop the skills, tactics and strategies needed to overcome opponents in direct competition in a different invasion game</p>	<p>Athletics (Track & Field)</p> <p>Develop their technique across multiple athletic disciplines</p>	<p>Striking & Fielding (i.e. Cricket, Rounders, Softball)</p> <p>Develop the fundamental skills required to overcome opponents</p>	<p>OAA & Team building activities:</p> <p>Intellectual and physical challenges building on trust and developing skills to solve problems, either individually or as a group</p>
<p>8 'Control, fluency & precision'</p>	<p>Invasion Games</p> <p>Apply the skills, tactics and strategies needed to overcome opponents in direct competition</p>	<p>Performing Arts – 'Through the decades'</p> <p>Apply dance techniques, whilst exploring different dance styles through the decades</p>	<p>Net/Wall/Racket</p> <p>Apply the skills, tactics and strategies needed to overcome opponents in direct competition</p>	<p>Invasion Games 2</p> <p>Apply the skills, tactics and strategies needed to overcome opponents in direct competition in a different invasion game</p>	<p>Athletics (Track & Field)</p> <p>Apply their technique across multiple athletic disciplines</p>	<p>Striking & Fielding</p> <p>Apply the skills, tactics and strategies needed to overcome opponents in direct competition</p>	<p>OAA & Team building activities:</p> <p>Intellectual and physical challenges building on trust and developing skills to solve problems, either individually or as a group</p>



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<p>9 'Flair & Innovation'</p>	<p>Invasion Games</p> <p>Explore a range of techniques, tactics and strategies to overcome opponents in direct competition</p>	<p>Performing Arts – 'Cultures'</p> <p>Perform dances using advanced dance techniques within a range of dance styles and Forms</p>	<p>Net/Wall/Racket</p> <p>Explore the skills, tactics and strategies needed to overcome opponents in direct competition</p>	<p>Health-related fitness (Personal Exercise Programme – PEP)</p> <p>Apply knowledge of the principles of training to a PEP</p>	<p>Athletics (Track & Field)</p> <p>Explore different techniques across the athletic disciplines</p>	<p>Striking & Fielding</p> <p>Explore a range of techniques, tactics and strategies to overcome opponents in direct competition</p>	<p>OAA & Team building activities:</p> <p>Intellectual and physical challenges building on trust and developing skills to solve problems, either individually or as a group</p>
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PP = Practical Performance OAA = Outdoor & Adventurous Activities