

Iqra Primary School PE Overview

	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
R	INTRODUCTION TO PE (Fantasy & Adventure)	TEAMBUILDING & GAMES (How to play games with others)	F.M.S. (Body parts)	GAMES (Beginning ball games)	BODY MANAGEMENT (Gymnastics – animals and habitats)	DANCE (Everyday life)
Y1	Coach: BODY MANAGEMENT (Gymnastics)	CT: DANCE (Exploring story through dance)	Coach: BODY MANAGEMENT (Yoga)	Coach: F.M.S. (All round sports skills)	CT: F.M.S. (Fitness – understanding exercise)	CT: TEAMBUILDING (Working together and taking turns)
	CT: GAMES (Sending & receiving – mixed games)	Coach: GAMES (Ball skills – building control & confidence)	CT: GAMES (Invasion – the principles of invasion)	CT: GAMES (Introduction to net and wall games)	Coach: F.M.S. (Introduction to athletics)	Coach: GAMES (Introduction to striking and fielding)
Y2	Coach: BODY MANAGEMENT (Gymnastics - levels)	Coach: F.M.S. (Fitness)	CT: DANCE (Exploring patterns of movement)	Coach: GAMES (Hitting targets)	CT: F.M.S. (Getting stronger)	CT: GAMES (Net and wall – beginning tennis and volleyball)
	CT: F.M.S. (Fundamentals)	CT: GAMES (Sending and receiving)	Coach: GAMES (Ball skills – building control and confidence)	CT: TEAM BUILDING – Problem solving	Coach: GAMES (Striking and fielding - foundations)	Coach: GAMES (Invasion – mixed ball games)
Y3	CT: F.M.S. (Fundamentals and fitness)	Coach: DANCE Responding to external stimulus	Coach: GAMES (Invasion – tag rugby)	CT: BODY MANAGEMENT (Yoga)	CT: TEAMBUILDING & OAA (Team games and challenges)	CT: F.M.S. (Athletics running, jumping & throwing)
	Coach: GAMES (Invasion - netball)	GAMES (Striking and fielding – cricket)	CT: GAMES (Invasion – hockey)	CT: GAMES (net and wall – tennis)	Coach: SWIMMING (Stability in the pool)	Coach: SWIMMING (Stability in the pool)
Y4	Coach: GAMES (Invasion – football)	Coach: BODY MANAGEMENT (Gymnastics – balance, movement and travel)	CT: GAMES (Invasion – tag rugby)	CT: GAMES (Invasion – netball)	Coach: GAMES (Striking and fielding - cricket)	CT: TEAMBUILDING & OAA (Team games and challenges)
	CT: GAMES (Net and wall – tennis)	CT: GAMES (Invasion – handball)	Coach: SWIMMING (Stroke development)	Coach: SWIMMING (Stroke development)	CT: DANCE (Characters and stories)	Coach: F.M.S. (Athletics – running, jumping and throwing)
Y5	CT: DANCE (Aerobic dance)	CT: BODY MANAGEMENT (Gymnastic floor routines - pairs)	Coach: GAMES (Invasion – handball)	Coach: GAMES (Striking and fielding – cricket)	CT: F.M.S. (Athletics – running, jumping and throwing)	CT: GAMES (Net and wall - tennis)
	Coach: SWIMMING (Stroke technique and stamina)	Coach: SWIMMING (Stroke technique and stamina)	CT: TEAMBUILDING (Sports Leader training)	CT: GAMES (Invasion – basketball)	Coach: GAMES (Invasion - football)	Coach: GAMES (Invasion – hockey)
Y6	Coach: GAMES (Invasion – tag rugby)	Coach: GAMES (Invasion – football)	Coach: BODY MANAGEMENT (Yoga and gymnastics)	Coach: GAMES (Striking and fielding – cricket)	Coach: SWIMMING (Stroke technique and lifesaving)	CT: TEAMBUILDING and OAA (Map reading and orienteering)
	CT: GAMES (Net and Wall – tennis)	CT: GAMES (Invasion – hockey)	CT: GAMES (Invasion – basketball)	CT: DANCE (Choreographed routines)	Coach: F.M.S. (Athletics – running, jumping and throwing)	Coach: SWIMMING (Stroke technique and lifesaving)

