



PE Overview: 2022 - 23



| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|--------|---|---|----------------------|-----------------------|-----------------------|--|
| Year 1 | Fundamentals | Ball Skills | Target Games | Sending and Receiving | Athletics | Team Building |
| Year 2 | Ball Skills | Fundamentals | Dance | Fitness | Athletics | Striking and Fielding |
| Year 3 | Dance | Gymnastics | Ball Skills | Fitness | Athletics | Strike & Field (Cricket) |
| Year 4 | Fundamentals | Ball Skills | Dance | Hockey | Athletics Swimming | Strike & Field (Cricket) |
| Year 5 | Fitness & Hockey | Gymnastics | Netball Swimming | Tennis Swimming | Athletics | Strike & Field (Rounders) |
| Year 6 | Invasion Basketball Netley Mavericks Swimming | Invasion Basketball Netley Mavericks Swimming | Gymnastics & Fitness | Volleyball | Athletics | Strike & Field (Rounders) Top Up Swimming |

Through the teaching of P.E.at Smithdown, we aim to:

- promote physical activity through enthusiasm, enjoyment and success
- promote physical development and improve natural abilities
- develop an understanding of the body's needs and the effects of physical activity thus promoting a healthy lifestyle
- develop positive attitudes to physical endeavour including perseverance, fair play and sporting behaviour, and the ability to cope with success and failure
- develop aesthetic and creative awareness of movement
- develop understanding and acceptance of the need for rules
- embed values such as fairness and respect
- develop personal and interpersonal skills in a practical way where discipline, safety and consideration for others become a natural habit
- provide many varied opportunities for competition both within and outside our school environment

