



# PE Overview: 2023 - 24



	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	Gymnastics	Everton in the Community	Fitness	Athletics	Striking and Fielding
Year 3	Gymnastics	Ball Skills	Everton in the Community	Fitness	Athletics	Strike & Field (Cricket)
Year 4	Everton in the Community	Everton in the Community	Gymnastics	Hockey	Swimming	Athletics Swimming
Year 5	Everton in the Community	Everton in the Community	Swimming	Swimming	Athletics	Netball
Year 6	Invasion Basketball Mersey Mavericks Swimming	Invasion Basketball Mersey Mavericks Swimming	Fitness & Team Ball Games	Netball	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

