

Cardrew Court School Longterm Overview: PE

PE	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
School Values						
Termly and Assembly Themes	Respect	Resilience	Health	Happiness	Kindness	Independence
LKS2A	Fundamentals: Running, Hopping & Skipping Ball Skills: Throwing & Catching	Dance: Dynamics & Space Invasion Games: Basketball	Gymnastics: Rolls & Jumps Invasion Games: Tag Rugby	Yoga: Balance & Flexibility Fitness: Coordination & Speed	Athletics: Running, throwing, jumping Swimming & Water Safety	Games: Striking & Fielding: Rounders Net & Wall Games: Tennis
LKS2B	Invasion Games: Handball Target Games: Golf	Gymnastics: Rolls & Jumps Apparatus Invasion Games: Hockey	Dance: Dynamics & Space Invasion Games: Football	Target Games: Dodgeball Fitness: Coordination & Speed	Athletics: Running, throwing, jumping Swimming & Water Safety	Games: Striking & Fielding: Cricket Net & Wall Games: Tennis
UKS2A	Net & Wall Games: Badminton Invasion Games: Hockey	Gymnastics: Jumps & Inverted Movements Invasion Games: Tag Rugby	Dance: Relationships & Performance Invasion Games: Basketball	Yoga: Strength & Mindfulness Fitness: Strength & Stamina	Athletics: Running, throwing, jumping Swimming & Water Safety	Games: Striking & Fielding: Rounders Net & Wall Games: Tennis
UKS2B	Invasion Games: Handball Target Games: Golf	Gymnastics: Jumps & Inverted Movements Invasion Games: Netball	Dance: Relationships & Performance Invasion Games: Football	Invasion Games: Volleyball Target Games: Dodgeball	Athletics: Running, throwing, jumping Swimming & Water Safety	Games: Net & Wall: Tennis Target Games: Boccia

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Year 7	Net & Wall Games: Badminton Invasion Games; Football	Fitness: Gym Suite Invasion Games: Basketball	Gymnastics: Floor Work – working with a partner Target Games: Dodgeball & Boccia	Invasion Games: Tag Rugby Fitness: Circuit Training	Net & Wall Games: Tennis Swimming & Water Safety	Games: Striking & Fielding: Rounders & Cricket Athletics: Running, throwing, jumping
Year 8	Net & Wall Games: Badminton Invasion Games: Tag Rugby	Fitness Circuit Training Invasion Games: Handball	Gymnastics: Apparatus Net & Wall Games: Table Tennis	Invasion Games: Football Target Games: Ultimate Frisbee	Games: Striking & Fielding: Cricket Target Games: Boccia	Athletics: Running, throwing, jumping
Year 9	Games: Net and Striking: Badminton Target Games; Dodgeball	Fitness Circuit Training Invasion Games: Benchball & Handball	Gymnastics: Vaulting Net & Wall Games: Table Tennis	Invasion Games: Football Net & Wall Games: Table Tennis	Games: Striking and Fielding Cricket Target Games: Boccia	Athletics: Running, throwing, jumping
Year 10	Games: Net and Striking: Badminton Invasion Games: Football	Fitness Circuit Training Invasion Games: Basketball	Fitness Circuit Training Net & Wall Games: Table Tennis	Invasion Games: Tag Rugby Target Games: Ultimate Frisbee	Games: Striking and Fielding Rounders Net & Wall Games: Tennis	Athletics: Running, throwing, jumping
Year 11	Games: Net and Striking: Badminton Invasion Games: Tag Rugby	Fitness Circuit Training Invasion Games: Basketball	Fitness Circuit Training Target Games: Dodgeball	Invasion Games: Football Net & Wall Games: Table Tennis	Games: Striking and Fielding Rounders Net & Wall Games: Tennis	Athletics: Running, throwing, jumping