

P.E. TOPICS OF STUDY

	AUTUMN TERM	SPRING TERM	SUMMER TERM
Yr 3	<p>Hockey (Astro) Strokes examined: Push, Slap, Hit, Turning over of stick, Dribbling using both sides of stick, 2v1, 4v2, Creating Space, Pass & Move, Small Sided Games, Rules Clinic</p> <p>Gymnastics Mainly Educational Gymnastics: Flight, Travel, Balance. Producing Sequences, Small Groups / Pairs, Use of Apparatus.</p>	<p>Fitness Cross-Country Junior Course, Bleep Test</p> <p>Ball Skills (Invasion, Striking & Net) Basketball, Uni Hoc, Prisoner Ball, Kick Ball, Indoor Cricket, Centre Ball, Roller Ball, Mini Volley, Bench Ball, Wall Ball, Indoor Bowls etc.</p>	<p>Athletics Sprints (50m/100m), 800m, Relays, 70m Hurdles, High Jump, Long Jump.</p> <p>Tennis Grip, Forehand/Backhand, Volleying, Short Tennis</p> <p>Swimming water safety, lifesaving breastroke, jumps, dives, breastroke, frontcrawl, backstroke</p>
Yr 4	<p>Hockey (Astro) Strokes examined: Push, Slap, Hit, Turning over of stick, Dribbling using both sides of stick, 2v1, 4v2, Creating Space, Pass & Move, Small Sided Games, Rules Clinic</p> <p>Outdoor & Adventurous Activities Climbing wall, low ropes course, problem solving games, blindfolded obstacle course, orienteering, bench teamwork</p>	<p>Fitness Cross -Country Junior Course, Bleep Test</p> <p>Ball Skills (Invasion, Striking & Net) Basketball, Prisoner Ball, Cricket, Centre Ball, Roller Ball, Indoor Bowls, Invent a Game.</p>	<p>Athletics Sprints (50m/100m, 200m), Relays, 400m & 800m, 70m Hurdles, High Jump, Long Jump.</p> <p>Tennis Grip, Forehand/Backhand, Volleying, Service, Rules Clinic, Short Tennis.</p> <p>Swimming lifesaving breastroke, jumps, dives, breastroke, frontcrawl, backstroke, personal survival</p>
Yr 5	<p>Hockey (Astro) Strokes examined: Push, Slap, Hit, Turning over of stick, Dribbling using both sides of stick, 2v1, 4v2, Creating Space, Pass & Move, Small Sided Games, Rules Clinic Basketball Passing (Bounce, Chest, Spear), Dribbling (Both Hands), Shooting (Lay-Ups), Tactical Awareness, Small Sided Matches 4v4, Rules Clinic.</p> <p>Pop Lacrosse</p>	<p>Fitness Cross-Country Jnr Course, Bleep test, fitness circuits</p> <p>Volleyball Passing in pairs/3s – use of basic strokes to pass : Dig/Forearm Pass/Set ; Rallying: use 'low net' small groups/allow bounce etc.; Attacking Strokes: Service/Spike/Tip; Defence: Block/Sprawl; Rules Clinic: Service/Points; System/Rotation</p>	<p>Athletics Sprints, 100m 200m, Relays, 400m, 70m Hurdles, High Jump, Long Jump.</p> <p>Tennis Grip, Forehand/Backhand, Volleying, Service, Singles/Doubles Play, Rules Clinic, Short Tennis.</p>
Yr 6	<p>Hockey (Astro) Strokes examined: Push, Slap, Hit, Turning over of stick, Dribbling using both sides of stick, 2v1, 4v2, Creating Space, Pass & Move, Small Sided Games, Rules Clinic Basketball Passing (Bounce, Chest, Spear), Dribbling (Both Hands), Shooting (Lay-Ups), Rebounding, Tactical Awareness, Small Sided Matches 4v4, Rules Clinic.</p> <p>Lacrosse</p>	<p>Fitness Senior Course Cross Country, Bleep Test, Fitness circuits, Fitness tests</p> <p>Badminton Service (B/Hand, F/Hand), Variety of Shot (Smash, Drop Shot, Clear), Match Play (Reduced Courts with Net), Rules Clinic.</p>	<p>Athletics Sprints, 100m, 200m, Relays, 400m, 800m, 1500m, 70m Hurdles, High Jump, Long Jump, Javelin, Shot Put, Discus.</p> <p>Tennis Grip, Forehand/Backhand, Volleying, Spin, Service, Singles/Doubles Play, Rules Clinic, Match Play, Short Tennis.</p>