

Seahorses Class P.E Curriculum Overview

Seahorses	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Game type	Fundamental skills	Team games	Dance Fundamental throwing, bouncing and catching skills	Invasion games	Athletics Gymnastics	Striking and fielding
Skills	Negotiating space Rolling a ball, catching, throwing, movement and coordination.	Throwing, catching, bouncing, accuracy, target throwing, kicking, team work, communication, following game rules.	Movement, rhythm, sequencing, balance and coordination. Bouncing, catching, throwing, aiming, negotiating space.	Throwing, catching, game play, intercepting, controlling a stick,	Throwing, running, jumping, relays- communicating with others. Flexibility to make body shapes, jumping, rolling, movement sequence and performing.	Striking, running, throwing, accuracy, following game rules, coordination,
Sports	Throwing games with rugby elements, football and cricket elements.	Football, Basketball.	Basketball and Dance	Netball, hockey,	Running- short and long distance, javelin, hurdles, long jump, triple jump, discuss and relays, gymnastics.	Cricket, rounders and tennis