

Dolphins Class P.E Curriculum Overview

Dolphins	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Game type	Invasion games Fitness	Invasion games Swimming	Invasion games	Invasion games Dance	Athletics Gymnastics	Striking and fielding
Skills	Passing, throwing, controlling the ball, shooting, team work, formation, understanding and following rules. Stamina, flexibility, agility and resilience.	Throwing, catching, striking using a bat, accuracy, target throwing, kicking, team work, communication, following game rules. Stamina, coordination, strokes, body control and breathing techniques.	Throwing, catching, moving into space, defending, dodging, shooting, aiming, team work and following games rules	Control of body, controlling the ball, throwing, catching, following game rules, formation and game strategy.	Throwing, running, jumping, relays-communicating with others.	Striking, running, throwing, accuracy, following game rules, coordination,
Sports	Football Fitness- applies to all sports	Hockey	Netball	Rugby	Running- short and long distance, javelin, hurdles, long jump, triple jump, discuss and relays.	Cricket, rounders and tennis