



Langstone Junior Academy



PE Overview

Aim: Experimental, creative, skills-based



Term	Year 3		Year 4		Year 5		Year 6	
	Monday	Thursday	Wednesday	Monday	Thursday	Tuesday PM	Friday	Wednesday
Autumn 1	<u>Premier Sport</u> Netball	<u>CT</u> Personal Static Balance and Coordination'	<u>Premier Sport</u> Netball	<u>CT</u> Personal 'Hockey -hand eye coordination skills	<u>Premier Sport</u> Hockey	<u>CT</u> Creative Dance—Haka	<u>Premier Sport</u> Hockey	<u>CT</u> Health and Fitness Circuits AM
Autumn 2	Hockey	Social Static Balance and Dynamic Balance into Agility	Hockey	Creative Blue Abyss Dance	Basketball	Health and Fitness Circuits	Basketball	Creative WW2 AM
Spring 1	Gymnastics	Cognitive Dynamic Balance And Coordination	Gymnastics	Physical Volleyball	Rugby	Social Living in wider world/ community	Gymnastics	Social Rugby—skills
Spring 2	Tag Rugby	Creative Counter Balance and Coordination	Tag Rugby	Social Handball	Gymnastics	Personal Friends 'Tennis' hand eye coordination skills	Rugby	Personal 'Tennis' hand eye coordination skills
	Year 3 Swimming TUESDAY	Physical Static Balance	Athletics	Health and Fitness	Tennis	Physical Health and well-		Cognitive