

AVANTI PARK SCHOOL LEARNING JOURNEY Physical Education



Year 8

Outwitting opponents - Volleyball, Football

Evaluating and improving of self and others – Trampette, Dance

Developing core skills - Tennis, Badminton

Year 7

Outwitting opponents – Basketball, Indoor hockey

Developing Physical & Mental Capacity – Fitness, Indoor athletics

Problem solving – Outdoor adventurous activities, athletics

Hand- eye coordination Skills – Badminton, Tennis

Developing core movement skills - Gymnastics, Dance

Outwitting opponents in a competitive game situation – Dodgeball , Volleyball, Basketball

Year 6

Evaluating and Improving – outdoor adventurous activities, athletics

Developing Physical & Mental Capacity – Fitness, Indoor athletics

Development of physical literacy – baseline testing and movement

Netball: defending, shooting and gameplay.

Gymnastics: Combining rolls, equipment and parcour skills.

Striking and fielding: fielding, bowling, batting, gameplay in Rounders.

Year 5

Dance: exploring dance styles in the WW2 era. Develop and adapt motifs. Evaluate and perform.

Basketball skills: dribbling, passing, shooting, defending, gameplay.

Swimming: stroke development and ASA awards.

Netball: passing, pivoting, linking tactical gameplay.

Striking and fielding: bat and ball skills

Year 4

Athletics: jumping, running and throwing.

Football skills: dribbling, passing, shooting, gameplay.

Dance: experiment with actions, speed, spatial patterns. Create motifs.

Netball: footwork, defending and gameplay.

Gymnastics: balance, cartwheels, flight and sequence.

Tennins: sending, shooting, forehand, backhand, volley

Year 3

Dance: respond and perform with a partner. Evaluate own and others work.

Hockey: combining skills, tackling, shooting & gameplay.

Athletics: jumping, throwing & relay.

Dance: improvise explore & develop actions. Link actions to make phrases &perform.

Hockey: dribbling, defending, shooting, gameplay.

Year 2

Athletics: sprinting, jumping, throwing, relay

Basketball skills: Dribbling, passing & shooting

FUNS: agility, speed, balance, reaction.

Gymnastics: balance, rotation, flight & creating routines.

Dance: partner, sequence and performance.

Netball: possession, passing, catching, shooting, defending.

Football skills: dribbling, passing, stopping and shooting.

Year 1

Athletics: run, jump and throw.

Multi skills: passing, rolling and dodging objects

Gymnastics: climb, jump and roll.

Introduction to Sports.

Dance: creative movements

Ball skills/Fundamental movement: passing and catching, sending and receiving, aiming.

Multi skills: spatial awar eness, passing, catching and moving.

Gymnastics: balance, rotation, travel and flight.

