

Curriculum Overview - Physical Activity

Term 1: Skills and Games



	TERM 1 WEEK 1	TERM 1 WEEK 2	TERM 1 WEEK 3	TERM 1 WEEK 4	TERM 1 WEEK 5	TERM 1 WEEK 6	TERM 1 WEEK 7	TERM 1 WEEK 8	TERM 1 WEEK 9	TERM 1 WEEK 10	TERM 1 WEEK 11	TERM 1 WEEK 12
YR 1 THEME	TRAVELLING AND BALL SKILLS						HULA HOOPS AND SKIPPING					
YR 1 LESSON TITLE	Traveling	Balancing	Team work and throwing	Ball skills	Ball skills	Ball skills	Hula hoop	Hula hoop	Skipping	Skipping	Circuits	Circuits
YR 2 THEME	BALL SKILLS						BALL SKILLS					
YR 2 LESSON TITLE	Ball skills	Ball skills	Marking and dodging	Marking and dodging	Throwing and catching	Throwing and catching	Throwing and catching	Cricket	Tennis	Rounder's	Circuits	Aerobic circuits
YR 3 THEME	BAT AND BALL SKILLS						BALL SKILLS					
YR 3 LESSON TITLE	Ball skills	Ball skills	Ball skills	Cricket	Rounder's	Tennis	Football fantastic	Football fantastic	Football tactics	Throwing and catching	Ball skills	Circuits
YR 4 THEME	BALL SKILLS						INVASION GAMES TECHNIQUE					
YR 4 LESSON TITLE	Throwing and catching	Throwing and catching	Volleyball	Fancy footwork	Ball skills	Ball skills	Bat and ball	Cricket	Marking and dodging	Dodging	Circuits	Relays
YR 5 THEME	BALL SKILLS AND GAMES						BALL SKILLS AND GAMES					
YR 5 LESSON TITLE	Bat and ball skills	Bat and ball games	Tennis	Fancy footwork	Fancy footwork	Ball games	Football	Netball	Ball handling technique	Cricket	Aerobic circuits	Games
YR 6 THEME	BALL SKILLS						BALL SKILLS					
YR 6 LESSON TITLE	Tennis skills	Tennis skills	Volleyball	Volleyball	Football	Football challenge	Fancy footwork	Fancy footwork	Cricket technique	Rounder's	Circuits	Wide game



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Term 2: Dance and Games



	TERM 2 WEEK 1	TERM 2 WEEK 2	TERM 2 WEEK 3	TERM 2 WEEK 4	TERM 2 WEEK 5	TERM 2 WEEK 6	TERM 2 WEEK 7	TERM 2 WEEK 8	TERM 2 WEEK 9	TERM 2 WEEK 10	TERM 2 WEEK 11	TERM 2 WEEK 12
YR 1 THEME	DANCE AND MOVEMENT						CHASING, FLEEING AND DODGING					
YR 1 LESSON TITLE	Puppet dance	Toy dance	Music box and mirror dancing	Spinning tops	Balances	Movement and traveling	Chase, flee and dodge	Chase, flee and dodge	Dodging	Chase, flee and dodge games	Chase, flee and dodge games	Chase, flee dodge, defend!
YR 2 THEME	DANCE, MOVEMENT AND GAME TECHNIQUES						DANCE, MOVEMENT AND GAME TECHNIQUES					
YR 2 LESSON TITLE	Movement	Movement	Animal and mirror movement	Team dance	Dance off	Dance off	Spatial awareness	Attack and defend	Attack and defend	Attack and defend	Chase, flee and dodge	Games
YR 3 THEME	DANCE AND MOVEMENT						INVASION GAMES TECHNIQUES					
YR 3 LESSON TITLE	Movement	Movement	Movement	Dancing	Group dance	Everyday dance	Spatial awareness	Bat and ball skills	Marking and dodging	Invasion games	Ball skills	Invasion games
YR 4 THEME	DANCE AND MOVEMENT						INVASION GAMES TECHNIQUES					
YR 4 LESSON TITLE	Movement	Movement	Movement	Dancing	Playtime dance	Dancing	Ball skills	Invasion games	Invasions games	Relays and running	Running	Opposites
YR 5 THEME	DANCE AND GAMES						DANCE AND GAMES					
YR 5 LESSON TITLE	Direction boogie	Line dancing	Line dancing	Line dancing	Line dancing	Mirror dance	Directions	Tennis	Circuits	Running and balancing	Rugby	Invasion games
YR 6 THEME	DANCE STEPS						FITNESS					
YR 6 LESSON TITLE	Directions boogie	Line dancing	Line dancing	Line dancing	Line dancing	Mirror dance	Gymnastics	Fitness	Gymnastics	Fitness	Running and throwing	Ball games



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Term 3: Athletics



	TERM 3 WEEK 1	TERM 3 WEEK 2	TERM 3 WEEK 3	TERM 3 WEEK 4	TERM 3 WEEK 5	TERM 3 WEEK 6	TERM 3 WEEK 7	TERM 3 WEEK 8	TERM 3 WEEK 9	TERM 3 WEEK 10	TERM 3 WEEK 11	TERM 3 WEEK 12
YR 1 THEME	RUNNING						ATHLETICS					
YR 1 LESSON TITLE	Running	Running	Movement and balance	Jumping	Fancy footwork	Running	Jumping	Jumping	Throwing	Throwing	Throwing	Olympics
YR 2 THEME	RUNNING AND ATHLETICS						RUNNING AND ATHLETICS					
YR 2 LESSON TITLE	Running	Running	Running	Jumping	Skipping	Jumping	Traveling skills	Jumping	Throwing and catching	Throwing technique	Throwing	Olympics
YR 3 THEME	RUNNING AND ATHLETICS						RUNNING AND ATHLETICS					
YR 3 LESSON TITLE	Running	Running	Running	Jumping	Hop, step and jump	Jumping	Jumping	Running and jumping	Throwing	Throwing and catching	Shot put	Olympics
YR 4 THEME	BALLS AND FEET						ATHLETICS					
YR 4 LESSON TITLE	Running	Balancing	Co- ordination	Relays	Throwing	Throwing and catching	Hop, leap and jump	Jumping	Jumping	Shot put	Throwing	Olympics
YR 5 THEME	RUNNING AND ATHLETICS						RUNNING AND ATHLETICS					
YR 5 LESSON TITLE	Running	Running and balancing	Skipping	Running	Jumping	Throwing and catching	Egg and spoon	3 legged race	Jumping	Shot put	Aerobic exercise	Olympics
YR 6 THEME	RUNNING AND CO-ORDINATION						ATHLETICS, EXERCISE AND INVASION GAMES					
YR 6 LESSON TITLE	Running	Running and balancing	Running	Co-ordination	Running	Jumping	Hop, leap and jump	Shot put	Olympics	Aerobics	Invasion games	Cricket



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