

Physical Education themes of Study

	Invasion Games	Striking and Fielding	Net and Wall Games	Athletics	Artistic Performance	Outdoor Adventure	Swimming and water Safety
	Invasion games are team sports where skills such as passing, shooting, attack and defend can be learnt. It also allows for the children to develop their teamwork and leadership skills as well as various tactics and strategies which can be transferred across different sports and activities.	Striking and fielding activities require the children to develop their hand-eye-coordination to throw, catch and strike a ball both in isolation and as a combination. In addition to this, children will learn how to throw bowl using different styles.	Net and wall games again develop hand-eye-coordination as well as developing tactics and strategies to outwit an opponent. These can be as an individual or team-based activities.	This theme is separated into two main categories of track and field. Within track, children develop their speed and endurance through running various distances. In field events, children develop throwing and jumping techniques as well as their strength, power and flexibility.	Artistic performance allows for the children to explore movement and balance in a variety of different ways. This theme is again separated into two main themes, dance and gymnastics. <ul style="list-style-type: none"> • Dance allows the children to follow and create movement patterns. • Gymnastics allows the children to develop their strength, control and flexibility to move around on both the floor and various apparatus. 	Outdoor adventure allows the children to develop their communication and navigational skills as they work as an individual and as part of a team to solve various challenges.	Within this theme children are taught initially to be water confident in order to teach them the various strokes and the correct technique to be most efficient in the water. They will then work on their flexibility, strength and endurance as they attempt to swim further distances. Children are then shown and taught different ways of performing safe self-rescue.
EYFS	Multiskills – team games	Multiskills- Bat and ball	Multiskills – throwing and catching	Multiskills - Running and jumping	Dance and Gymnastics	Commando Joes.	
1	Multiskills – Introduction to team games	Multiskills- Bat and ball	Multiskills – throwing and catching	Multiskills - Running and jumping	Dance and Gymnastics	Commando Joes.	
2	Multiskills – Introduction to team games	Multiskills- Bat and ball	Multiskills – throwing and catching	Athletics – Running and jumping	Dance and Gymnastics	Commando Joes.	

3	Football Hockey Tag-Rugby Basketball Netball	Rounders Cricket	Volleyball Tennis	Athletics	Dance and Gymnastics	Commando Joes. Residential (The Sill) Bikeability	
4	Football Hockey Tag-Rugby Basketball Netball	Rounders Cricket	Badminton Tennis	Athletics	Dance and Gymnastics	Commando Joes. Team challenge adventure days Residential (High Borrans) Cycling	Swimming lessons
5	Football Hockey Tag-Rugby Basketball Netball	Rounders Cricket	Badminton Tennis	Athletics	Dance and Gymnastics	Commando Joes. Team challenge adventure days Residential (Ford Castle) Bikeability	Swimming lessons
6	Football Hockey Tag-Rugby Basketball Netball	Rounders Cricket	Badminton Tennis	Athletics	Dance and Gymnastics	Commando Joes. Team challenge adventure days Residential (High Borrans) Cycling Skiing (silksworth)	