



Physical Education

Key Stages 3 & 4 (Class Ullswater, Easedale and Rydal)

Dance

Gymnastics

Games

Athletics

Outdoor and Adventurous Activities

The fundamental skills of flexibility, strength, technique, control, agility, balance, running and jumping and throwing and catching are taught through the five areas. Physiotherapy can also be incorporated into PE

2018 Autumn Term	2019 Spring Term	2019 Summer Term
<p style="text-align: center;">Gymnastics in Hall</p> <ul style="list-style-type: none"> Sequences using floor and apparatus Travel, balance , jumps and rolls Partner work 	<p style="text-align: center;">Dance in Hall</p> <ul style="list-style-type: none"> Traditional dances Exploration and interpretation of music Devising and performing individual and paired dances 	<p style="text-align: center;">Athletics</p> <ul style="list-style-type: none"> Running –sprints, hurdles and distance Throwing foam javelin, shot putt, discus, hammer Relays Standing long jump and high jump
2019 Autumn Term	2020 Spring Term	2020 Summer Term
<p style="text-align: center;">Games in Hall or MUGA</p> <ul style="list-style-type: none"> Net and invasion games- uni-hoc, volleyball, basketball, tag rugby, boccia, kurling Throwing and catching, kicking, rolling, bouncing, striking with accuracy to each other and at targets Games with rules 	<p style="text-align: center;">Dance in Hall</p> <ul style="list-style-type: none"> Modern dances Zumba Exploration and interpretation of music Devising and performing group dances 	<p style="text-align: center;">OAA outside</p> <ul style="list-style-type: none"> Orienteering Following and laying trails Team building and problem-solving