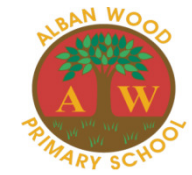


Alban Wood PE Curriculum Overview 2014-2015



At Alban Wood, we use the Val Sabin scheme of work for the teaching of PE. This scheme is adapted where possible to fit with topic teaching, for example dinosaur dance in Year 1. As part of our partnership with Youth Sports Trust and the Rickmansworth PE partnership teachers will also use schemes of work from these two organisations to ensure a varied and balanced PE curriculum.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Games: Throwing and catching Dance: dinosaurs Gymnastics: travelling	Games: Ball skills and games Dance: Jack and the Beanstalk Gymnastics: taking weight on different body parts	Games: Batting skills Dance: The Rainbow Fish Gymnastics: Points and patches		Athletics Dance: Handa's Surprise Gymnastics: Fight, bouncing, jumping and landing	
Year 2	Gymnastics: parts high and parts low Games: throwing and catching Inventing Games	Dance: The Cat, Balloons and Reach for the Stars Games: kicking and hitting	Gymnastics Games	Dance Games	Gymnastics Athletics	Games Athletics
Year 3	Ball skills: invasion focus Gymnastics: stretching, curling and arching	Games: creative games Dance: The Language of Dance Who Am I?	Games: net, court and wall games Gymnastics: pathways	Games: striking and fielding games Dance: The Explorers The Hornpipe	Athletics Gymnastics: travelling with change of direction Swimming	Athletics Dance: Mechanical Process The Human Engine Swimming
Year 4	Gymnastics: balancing BEST coaching project	Dance Games: hockey	Games: invasion games Gymnastics	Invasion games Dance	Games: striking and fielding games Athletics	Games: striking and fielding games Athletics
Year 5	BEST coaching project Games: netball	Dance: Japanese dance Games: hockey	Gymnastics Games: football	Dance: Hakka Games: tag rugby	Orienteering Athletics	Games: rounders and cricket
Year 6	Swimming Gymnastics: developing upper body strength with use of equipment	Swimming Dance: Japanese dance	Games: hockey Gymnastics: performing at height, sequences and developing core skills	Games: football Dance: modern dance	Orienteering Athletics: competitive and non-competitive skills	Athletics: competitive and non-competitive skills Games: cricket